

**Birthday boy is 104**  
Henry celebrates with cake and friends  
**SEE PAGE 3**



**'My whole life has changed'**  
Finding work through children's centres  
**SEE PAGES 10 & 11**



**Scoff around the clock!**  
Discover the culinary A-Z of Brick Lane  
**SEE PAGES 18 & 19**

ISSUE 1050 9 - 15 MARCH 2015

WWW.TOWERHAMLETS.GOV.UK



# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Council tax frozen as budget agreed

## THEY WANNA TELL YOU A STORY...



TALKING books, holes to peer through, buttons to touch and listen to, and miniature props formed part of an art installation created for a storytelling project at Mayflower Primary School in Poplar. Professional artist Sara Heywood used books and ideas from the school's creative curriculum to create the miniature objects which make up a big book on wheels that can be transported around classrooms for the children to use. On World Book Day last Thursday, March 5 pupils and staff used the artwork to create their own stories, illustrations and objects that were stored inside the big book. Our picture shows Manar, 6, Danyal, 5, and Rabiul, 7, enjoying the day.

BY KELLY POWELL

## COUNCIL tax has been frozen for the sixth consecutive year as the council confirmed its budget for 2015/16.

At the first of two meetings on February 25, Mayor Lutfur Rahman proposed a budget which he said was designed to manage the reduction in funding that the council will face, protect the vulnerable and services that residents rely on, and reduce the cost of living.

It included the continuation of successful schemes such as the Mayor's Education Award, and additional investment in council-funded police officers.

At the second budget meeting held last Thursday, March 5, a series of amendments put forward by the Labour group were not agreed which meant the mayor's budget was confirmed.

Mayor Lutfur Rahman said: "We will continue to resist austerity and, whilst making savings is never something I want to do, I am glad that we have been able to pass a safe, fair and democratic budget.

"This year's budget was

formed by months of conversation with residents. It protects the most vulnerable and shows how we are able to rise above partisan politics to serve residents."





Labour group leader Cllr Rachael Saunders said: "The Labour group sought to protect services for looked after children, invest in childcare and tackle ASB, crime and grime in our budget amendment.

"It is disappointing that the mayor instead chose to keep funding his vanity car and expensive advisers. Our commitment remains to tackle the

child poverty that blights our borough, and increase safety and cleanliness on our streets."

Cllr Peter Golds, leader of the Conservative group, said: "Sadly, the mayor rejected the opportunity to seriously consider proposals by other groups to amend and improve his budget. He remains more interested in personal vanity projects, such as his advisers and car, rather than using funds to replenish the Docklands history boards and frontline services in social care."

For details visit [www.towerhamlets.gov.uk/committee](http://www.towerhamlets.gov.uk/committee)

milltec IT distributors	
<b>LAPTOP</b> EX-LEASE ONE YEAR WARRANTY  <b>£99</b>	<b>DESKTOP PC</b> EX-LEASE ONE YEAR WARRANTY  <b>£99</b>
<b>MacBook Pro 13"</b> EX-LEASE ONE YEAR WARRANTY  <b>£650</b>	<b>MONITOR 17"</b> EX-LEASE  <b>£15</b>
<b>490 Bethnal Green, E2 0EA</b> <b>247 Bethnal Green, E2 6AB</b> <b>020 7791 1200 07774 12 13 14 020 7739 3959 07913 912 911</b>	

• **2-5 Years Guaranteed Rent** • **0% Commission**

 **elliotleigh.com** **020 8983 4444** **3 Months rent in advance paid!\***

\* Terms & conditions apply



Never miss a payment

“Paying by direct debit can help with budgeting and gives peace of mind that payments won’t be missed.”

DAWNETH PERRY, BACS

Men, women and children

In the worst civilian disaster on land of World War II, 62 children, 27 men and 84 women died at Bethnal Green Tube station on March 3, 1943. More than 60 survivors needed hospital treatment.

SEE BELOW

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG. Tel: 7364 3179 Fax: 7364 4917 Email: eastendlife.news@towerhamlets.gov.uk



Editor Laraine Clay Tel: 7364 3179 Deputy Editor Helen Watson Tel: 7364 3173 Reporter Jessica Odubayo Tel: 7364 4365 Photos Koïs Miah Tel: 7364 3253

Advertisement Manager Sharan Ahmed Tel: 7364 4061 Senior Advertising Sales Executive Christine O’Doherty Tel: 7364 4994 Senior Advertising Sales Executive Fatima Khan Tel: 7364 4623 Advertising Production Controller & Sales Executive Terri Gornall Tel: 7364 4682 Distribution Manager & Finance Abdul Miah Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 82,886 Audit Bureau of Circulation (ABC Regional) Dec-June 2014.

East End Life was the first weekly newspaper produced by a local authority in the UK with a net cost of .02p per copy per week to produce. Paid-for advertisements are carried to keep costs to a minimum.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.

East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.



MEMBERS of the public view flowers at the Stairway to Heaven monument in Bethnal Green Gardens, laid in memory of 173 people killed in a crush in the stairwell at Bethnal Green Tube station during WWII. A service to mark the 72nd anniversary of the disaster was held at St John on Bethnal Green Church on March 1.

Afterwards survivors, families and friends of those who lost their lives, representatives of health and emergency services, community leaders and Pearly Kings and Queens visited the memorial to lay flowers and observe a silence in memory of those who lost their lives. Speaker of the council Cllr Abdul

Chunu Mukit laid a wreath on behalf of the borough. The partially built memorial is due to be completed this year, after the memorial trust announced a significant boost to its appeal fund. Visit [www.stairwaytoheavenmemorial.org](http://www.stairwaytoheavenmemorial.org) for more information. Photos by Evelyn Teichmann

Win £25,000 in direct debit council tax draw

BY SUSAN MULLIGAN

ONE lucky resident could pocket £25,000 if they register to pay their council tax by direct debit.

Tower Hamlets is one of 16 London boroughs taking part in the campaign encouraging this method of payment. To be in with a chance of

winning the prize, residents must register to pay their council tax bill by direct debit before 5pm on July 17, either by returning a completed direct debit instruction form by post, signing up to direct debit online at [www.towerhamlets.gov.uk/counciltax](http://www.towerhamlets.gov.uk/counciltax) or by calling 7364 5002 to arrange it over the phone.

Residents who already pay their council tax by direct debit will automatically be entered into the prize draw. For help with opening a bank account, or if you have problems with your bank account or direct debits, contact the Money Advice Service for free and impartial advice. Visit [www.moneyadvice](http://www.moneyadvice)

service.or.uk or call 0300 500 5000. Financial support and advice is also available from Toynbee Hall at 28 Commercial Street, E1 or by calling 7247 6943. For more information on the prize draw and how to sign up to direct debit visit [www.directdebit.co.uk/londoncounciltax](http://www.directdebit.co.uk/londoncounciltax) or call the council on 7364 5002.

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email [mariette@soundtalking.co.uk](mailto:mariette@soundtalking.co.uk)

Printed by Trinity Mirror.

Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

If you know someone who does not receive East End Life call 7364 0474 or email [abdul.miah@towerhamlets.gov.uk](mailto:abdul.miah@towerhamlets.gov.uk)



Inside this week’s issue

Family announcements.....	4	Harmony.....	16 & 17
Mayor’s column.....	6	A-Z of Brick Lane.....	18 & 19
Apprenticeship week.....	7	Out & About Guide.....	20 & 21
Useful information.....	8	Eating out, eating in.....	23
Health news.....	9	Property.....	25-28
History.....	13	Recruitment & training.....	29
Council information.....	14 & 15	Sport.....	33-36





## A breath of fresh air

"The ZEN project is designed to help businesses reduce their NO<sub>2</sub> levels and save money. We are very pleased that this hard work has been recognised by the awards panel."

CLLR SHAHED ALI, CABINET MEMBER FOR CLEAN AND GREEN

## Support for vulnerable

Neighbours in Poplar is a charity which provides practical support to older, frail and isolated people.

7987 0257

### News

## Education questions

TEACHERS' union the NUT will be hosting an Education Question Time in Tower Hamlets on Wednesday, March 25 and is inviting school staff, parents, governors and students to take part in the discussion.

The free event will take place at Morpeth School in Portman Place, Bethnal Green from 6.30pm (doors open at 5.45pm).

A panel of speakers, including new Young Mayor Deng Yan Sen, will answer questions from the audience.

The event is free and those interested in attending can register at <https://towerhamletseducationqt.eventbrite.co.uk>

If you would like to submit a question to the panel, email [secretary@east-london.nut.org.uk](mailto:secretary@east-london.nut.org.uk)



Henry – 104 years young. (Above right) Harry with Nazma Begum and Mandy Molyneux



**CENTENARIAN** Henry Abrahams was full of good cheer as friends and relatives gathered around him for a celebration to mark his 104th birthday. Organised by the charity Neighbours in Poplar, the party last Thursday, March 5 featured music, food and activities. Henry, who lives in Bow, attributes his long life to keeping good company, being independent and eating well.

## Council grant system 'fair'

**AN aide to Mayor Lutfur Rahman has denied that council grants were handed out unfairly.**

Alibor Choudhury told the Election Court hearing at the Royal Courts of Justice last week that Mr Rahman had "reached out to everybody".

Four voters have taken legal action against Mr Rahman and want Election Commissioner Richard Mawrey, who is sitting as a judge, to declare the result of the May 2014 mayoral election, void and order a re-run. Mr Rahman denies wrongdoing.

The group has suggested that council grants unfairly went to areas in the "heartland" of Mr Rahman and his supporters.

But Mr Choudhury, a Tower Hamlets First (THF) cabinet member, told Mr Mawrey: "I strongly disagree with that. There was a fair process. The grants underwent a process by which they were assessed."

Rabina Khan, THF cabinet member for housing and development, has denied that money for housing was allocated as a result of corruption.

When asked whether housing allowances had been given out on the basis of "corrupt decisions", she told the court: "absolutely not".

Mrs Khan also denied suggesting to voters that not voting for Mr Rahman was "haram" – forbidden by Islamic law.

By Press Association

# 94% in top 3 school choices

BY IAN READ

**TOWER Hamlets has one of London's best records for offering pupils starting secondary school a place at their first-choice school.**

The figure, of 94 per cent, is the eighth highest in the capital – the London average this year is 68 per cent.

Overall, 94 per cent of pupils were told last week they had gained a place at one of their top three choice schools in Tower Hamlets under the Pan-London co-ordinated admissions scheme.

Cllr Gulam Robbani, cabinet member for education and children's services, said: "We are delighted that so many

families have been able to secure a school of their choice in the borough.

"This shows that the huge effort and investment that has gone into increasing our schools' capacity has matched the improvement they have made in results. Congratulations to all involved."

There is a rising need for

school places in Tower Hamlets, as there is across the whole of London. There were 56 more children requesting places in the borough this year compared to last year.

Tower Hamlets has a co-ordinated school expansion programme to ensure it can cope with the rising demand for school places.

This is the 11th year that the Pan-London admissions system has been in effect, allowing more parents to be allocated a secondary school of their choice by a fairer distribution of available offers.

Parents fill out a single application form which is then shared between different London boroughs.

## Award for clean air project

**A PROJECT aiming to improve air quality in the borough has won top prize in the Innovation for the Workplace category at a national awards ceremony.**

Tower Hamlets has been working with Hackney and Islington councils to deliver the Zero Emission Network (ZEN) project since 2013.

It aims to improve air quality by encouraging businesses to use lower emission energy and travel options to help improve the environment and save money.

ZEN is operated in Weavers ward in Bethnal Green. The area was chosen due to the large number of high-tech and creative small- to medium-sized businesses – 374 firms signed up in 2014/15, more than the initial target of 250.

The project was nominated for an inaugural National Corporate Social Responsibility (CSR) award in a ceremony held on Friday, March 6. The three local authorities secured funding up until 2016 from the mayor of London's Air Quality Fund.

INDIAN RESTAURANT & TAKE AWAY

# Chilli Garlic

GRILL & INDIAN CUISINE

**Banquet Night £9.95**  
Every Mon to Thurs (From 5pm – Midnight)  
Full Course Meal

**Sunday Buffet £8.95**  
12pm until 11.30pm (Eat as much as you like, 30 items to choose from on our set menu)

**Free Home Delivery Available** (3 mile radius) with orders £12.00 or more  
**Free bottle of Coke/Lemonade with delivery** orders £20.00 or more

**Open 7 days a week:**  
Mon–Sat: (including Bank Holidays) 5.00pm–12Midnight; Sun: 12pm–11.30pm

501 Roman Road, Bow, London E3 5LX  
**020 8983 4301 / 020 8983 5341**  
Visit: [www.chilligarlic.com](http://www.chilligarlic.com) | Also order via Just Eat.  
Visit: [www.just-eat.co.uk/restaurants-chilligarlic-e3](http://www.just-eat.co.uk/restaurants-chilligarlic-e3)

**15% off on all online orders**

# LANDLORDS

**Does Your Agent Have?**  
Licensed **ARLA** member for lettings?  
Licensed **NAEA** member for sales?

**We offer Rent Guarantee 0% Commission**  
**Sell your Property 1% Commission**


**PRIME ESTATE AGENTS**

8 Vallance Road, London E1 5HR  
**0207 375 1188 / 079 4487 2919**  
(line open 9am-11pm)  
[www.primeestateagents.co.uk](http://www.primeestateagents.co.uk)  
[admin@primeestateagents.co.uk](mailto:admin@primeestateagents.co.uk)

Members of:




Family announcements



*Sheila Catherine Wylie* 1929 -2011

Mum you were very precious you were everything a mum could be  
Dearly missed and loved forever  
You're forever my mum  
I love and miss you always  
Tracey, Billy & Ruby xxxxxxxxxxxx



Your **FAMILY ANNOUNCEMENTS**

**Are you are looking to celebrate or remember someone dear to you?**

Whatever you want to say, use East End Life to make your announcement. Your announcement must reach us by the Monday before the publication date you require.

Send the text of your announcement including your contact details to East End Life Family Announcements, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG or e-mail to:

[terri.gornall@towerhamlets.gov.uk](mailto:terri.gornall@towerhamlets.gov.uk) | [sharan.ahmed@towerhamlets.gov.uk](mailto:sharan.ahmed@towerhamlets.gov.uk)  
[christine.o'doherty@towerhamlets.gov.uk](mailto:christine.o'doherty@towerhamlets.gov.uk) | [fatima.khan@towerhamlets.gov.uk](mailto:fatima.khan@towerhamlets.gov.uk)

<b>Sizes and prices:</b>	6 x 1 (60mm high x 41mm wide) = £10
	6 x 2 (60mm high x 85mm wide) = £20

Pre-payment by credit or debit card, cheque (payable to LBTH).



# Need legal advice?

## The Centre offers free legal advice on a wide variety of legal issues.



### UPTON PARK

### MILE END

## SNOOKER & AMERICAN POOL

★ Full Size Snooker Tables ★  
★ American Pool Tables ★  
★ Open 24 Hours a Day ★ 1st Hour Free ★

**Join today and receive a  
FREE SNOOKER OR  
POOL CUE  
worth £39.99**



#### Upton Park Snooker & American Pool

358-362 Green Street, Upton Park  
London E13 9AP  
Nearest Tube: Upton Park on the District Line  
We are situated above Iceland on Green Street

**Tel: 020 8471 3638**  
[www.uptonparksnooker.co.uk](http://www.uptonparksnooker.co.uk)

#### Mile End American Pool & Snooker

229 Mile End Road, Stepney Green  
London E1 4AA  
Nearest Tube: Stepney Green on the District Line (150 metres)

**Tel: 020 7265 8506**  
[www.mileendsnooker.co.uk](http://www.mileendsnooker.co.uk)

TO OBTAIN THIS OFFER, A FULL TWO YEARS' MEMBERSHIP OF EITHER CLUB MUST BE TAKEN OUT.  
FULL TERMS AND CONDITIONS WILL APPLY. OFFER FOR A LIMITED PERIOD ONLY

The Legal Advice Centre runs a term time only appointment system once a week. If we can help you, we will provide written advice within 14 working days of the appointment. We cannot represent you in court, but will refer you to an organisation that can. To make an enquiry, contact:

**Legal Advice Centre,  
School of Law**  
Queen Mary University of London  
Mile End Road, London E1 4NS  
Tel: 020 7882 3931  
email: [lac@qmul.ac.uk](mailto:lac@qmul.ac.uk)  
[www.facebook.com/QMLAC](http://www.facebook.com/QMLAC)  
<https://twitter.com/QMLAC>  
[www.lac.qmul.ac.uk](http://www.lac.qmul.ac.uk)

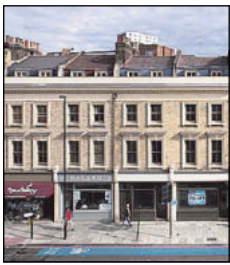


Queen Mary  
University of London

---

School of Law





## Helping high streets thrive & survive

The High Street Fund is the latest in a series of GLA funding rounds, which started in 2011 with the Outer London Fund, aimed specifically at helping London's high streets to adapt and thrive.

[WWW.LONDON.GOV.UK/HIGHSTREETFUND](http://WWW.LONDON.GOV.UK/HIGHSTREETFUND)

## Help for vulnerable

"We are appealing to residents to support women in need. You can help vulnerable people improve their lives."

MAYOR LUTFUR RAHMAN, BELOW

### News

# Donations sought for homeless women

TO mark International Women's Day on Sunday, March 8, the council is appealing for donations of basic sanitary products and toiletries.

The appeal is for unused and unopened products that can be given to women in the borough who are currently homeless, living in hostels or who have recently been released from prison.

The council is calling on residents to donate shampoo, tampons, sanitary towels, toothpaste, toothbrushes and any other personal hygiene products.

A collection point has been set up at the Town Hall in Mulberry Place, Poplar.

For many homeless women, staying clean and dealing with menstruation is difficult.

Those who are homeless or living in hostels because of domestic violence may have fled their homes without any of their belongings, leaving everyday essentials behind.

Mayor Lutfur Rahman said: "This International Women's Day, we are appealing to professionals and residents from across the borough to support women

in need. By contributing to the campaign – and through supporting the equality work of the council – you can help vulnerable people to improve their lives."

The appeal runs all this week – for more information about it or on anything related to the council's Violence Against Women and Girls (VAWG) strategy, email [vawg@towerhamlets.gov.uk](mailto:vawg@towerhamlets.gov.uk)

### News in brief

#### Bow memory clinic

PEOPLE living with dementia and their carers are invited to visit a memory café in Bow, where they can meet others in a relaxed and welcoming atmosphere, and take part in activities including painting, crafts, word games and singing.

Sessions take place on Fridays between 10.30am and 12pm at The Lighthouse Baptist Church, 135 Devons Road, Bow.

Community charity the Fern Street Settlement is providing initial funding for the café for the first three months and if it is successful, it will continue funding for a further three months.

For more information contact Madhumita Bose-Thomas on 07815 688335.

#### Deadline for film festival entries

PRODUCERS of short films are being reminded to submit their entry to the eighth Limelight Film Awards, which offer a chance of winning £10,000.

The awards feature a red carpet ceremony attended by 500 film makers and media personalities, identifying emerging film talent.

The deadline for this year's awards is March 31 – visit [www.limelightawards.com](http://www.limelightawards.com)

**VANDALS** who wrecked a garden shed and chicken hut on an allotment in Poplar took just two paintbrushes and a kitchen knife. But the attack on the Greening Brownfield community garden left its award-winning gardener distraught. Tom Gleed, 69, arrived at the gardens on Monday morning to find wire fencing cut and the doors hanging off the sheds (pictured right). "It looks like a bomb's gone off in my shed," he told East End Life later that morning. "I came in to feed the chickens and someone has broken in and vandalised the garden shed and chicken

shed. They even left human excrement."

The chickens were left unharmed but Mr Gleed, who was named Green Tenant of the Year last year for his work on the allotments, said it was the second time the gardens had been vandalised since December.

He has spent the week clearing up on the site but said on Friday: "It's very disheartening and I dread to think what I will find here one day."

Poplar Harca, which manages the site, said its anti-social behaviour team was helping the police with their investigations.



# £800,000 cash to improve our high streets

BY SAM GOUGH

**POPLAR and Whitechapel are to benefit from more than £800,000 of funding from the Great London Authority.**

The money from the mayor of London's High Street Fund will see a £520,000 package of improvements in Whitechapel and £283,000 going to Chrisp Street market.

The money spent in Whitechapel will be matched by funding provided by the council to support businesses, bring empty buildings back into use, provide affordable workspaces and attract investment.

An annual event and activities to celebrate Whitechapel will also be organised.

Mayor Lutfur Rahman said: "Whitechapel is going to be the site of a huge amount of change over the coming years. The Whitechapel Vision masterplan will deliver a real economic boost to the area, and the funding that we have received today will help us to build on that even more by offering vital support to local businesses."

Cllr Rabina Khan, cabinet member for housing and development, said: "This funding is recognition that we are doing a great job in creating the opportunities for Whitechapel to

become one of the most thriving and exciting parts of London."

In Chrisp Street, the funding will build on the success of previous GLA investment by providing a new co-working and enterprise space, tailored business support and business loans to support new enterprise and existing trade. Activities will also be organised to improve the use of the market.

Mayor Boris Johnson said: "London's high streets are no longer about retail alone and I am thrilled to be supporting projects that seek to diversify and unlock opportunities in our most prized urban assets."



## FUNDING OPPORTUNITIES FOR SUMMER ACTIVITIES 2015

**The Trustees of Action for Bow invite applications for grants to support summer projects in Bow East and Bow West wards.**

**Priority consideration** will be given to diversionary out-of-school activities for young people, but projects will be welcomed that also offer some training and employment opportunities, or healthy living initiatives.

**Grants** for these summer activities, usually not exceeding £2,000, to be available from July 2015, may be discussed with Ahmed Hussain below.

**Closing Date for Applications: 5.00pm on Friday 3rd April 2015.**

#### Applications and Enquiries

Please write to Ahmed Hussain at Bromley by Bow Centre Capital Skills Team, St Leonards Street, London E3 3BT

Call him direct on 020 8729 9742 or 020 8709 9729 or email him at [ahmed.hussain@bbbc.org.uk](mailto:ahmed.hussain@bbbc.org.uk)



Action for Bow



## Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at [mayor@towerhamlets.gov.uk](mailto:mayor@towerhamlets.gov.uk)

[WWW.TOWERHAMLETS.GOV.UK/MAYOR](http://WWW.TOWERHAMLETS.GOV.UK/MAYOR)



## A connection with the community

"Often art exhibited at Bromley by Bow Centre has been produced by people who live locally or work at the centre and this can help in giving a sense of ownership and connectivity."

SAUL MARMOT, GP PARTNER, BROMLEY BY BOW CENTRE

### News

## Help us plan ahead

**LAST week, the council's budget for 2015/16 and our medium-term financial plan was finalised.**

This marked the culmination of a budget-setting process that has spanned the last six months and included extensive consultation with local people.

One of the key things agreed was that council tax would be frozen again – for the sixth year in a row.

I know that many people are facing tough financial times. This ongoing freeze, a saving of up to £100 on a band D property over the total period, aims to go some way to help.

The other budget plans will continue to focus on protecting the most vulnerable in our society and the services that residents rely on.

It will also see the continued provision of successful recent initiatives, such as the Mayor's Education Award and additional investment in council-funded police officers to help local people feel safe.

While the budget setting process for 2015/16 is now finalised, we must continue to look ahead and plan for the difficult financial future that all of local government faces.

Over the coming months, the council will be undertaking



**LUTFUR RAHMAN** MAYOR OF TOWER HAMLETS

longer term budget consultation exercises which will enable residents to have your say on where you think future savings should be made.

Keep an eye on the council's website for more information.

Together with our partners, we're also looking ahead to develop our vision for the borough over the next few years.

The Tower Hamlets Community Plan has been drafted, outlining key targets and achievements we're aiming for between 2015 and 2019.

The Community Plan has been developed with partners and input from local people, but the current consultation period is an opportunity to share your views on the future of your borough.

Visit [www.towerhamlets.gov.uk/communityplan](http://www.towerhamlets.gov.uk/communityplan) by March 20 to have your say.

**Mayor Lutfur Rahman**

"Dedicated to helping less fortunate"

**A WAR veteran who dedicated his life to helping others in east London has died aged 91.**

Joseph "Jerry" Cooper of Roman Road, Bethnal Green passed away on February 25 after a short battle with kidney failure.

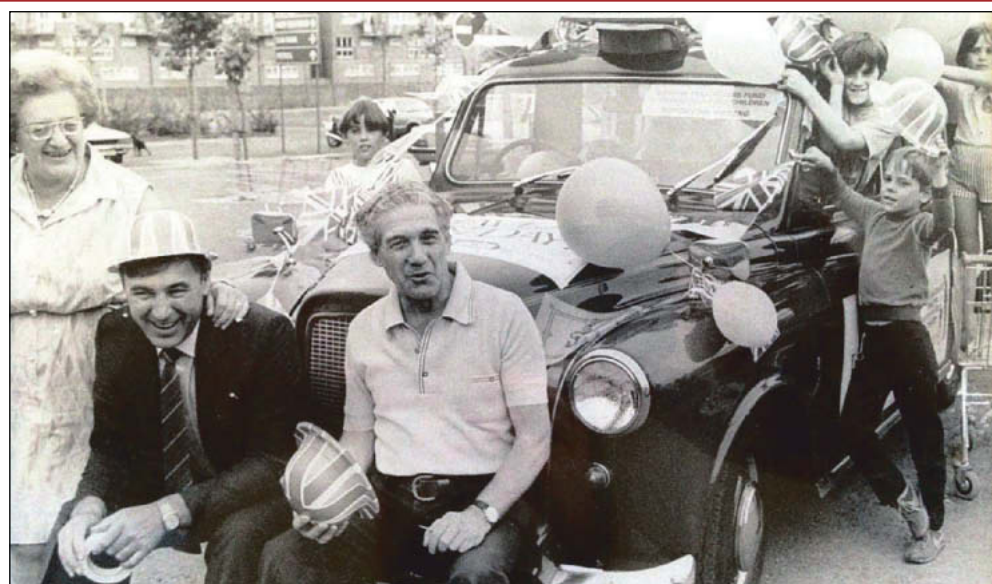
The grandfather-of-two, who spent some of his early years at Norwood's Jewish Orphanage with his brother Judah, was a licensed London taxi driver for more than three decades until he retired in the 1990s.

Jerry and his late wife Sadie, who died in 2009, were dedicated volunteers for the London Taxi Drivers' Fund for Underprivileged Children and the London Taxi Benevolent Association for War Disabled.

A decorated World War II veteran, Jerry was a member of the East Lancashire Regiment and served in France, Germany, Holland, Palestine and Egypt.

His granddaughter Leanne Ehren said: "Jerry was a popular and well known cabbie and dedicated his life to helping those less fortunate than himself. He was always a great storyteller and would happily spend hours telling his war stories.

"He wanted to pay back to the



(Above) Jerry volunteered for the London Taxi Drivers' Fund for Underprivileged Children for more than three decades (Right) Marilyn, Jerry and Ivor

community that had looked after him as a child and so became involved in the charity supporting underprivileged children. We've got lots of pictures of the two of them taking children to the seaside over the years."

Jerry and Sadie were married in the former Commercial Road Synagogue in 1947.

Later in life he was a carer for his wife, who became blind. The pair were frequent visitors of Stepney Jewish Community Centre.

Jerry leaves his two children Marilyn and Ivor and two grandchildren Kimberley and Leanne.



# Art is just what the doctor ordered

BY JESSICA ODUBAYO

**A DOSE of art is helping to improve the wellbeing of patients visiting a local health centre.**

An exhibition is on display in the waiting room at Bromley by Bow Centre's GP practice and is helping to create a calm and welcoming environment for patients.

Produced by artists Granada Muñoz and Carmen Vega, A Landscape Journal aims to evoke thoughts, memories and emotions of looking at the view through the window of a car, bus or train when on a journey.

"These works reflect something universally familiar, that common experience of travelling. Whether it is a new or familiar, a long or short journey, or simply the commute to and from work or school, these works recall that space of contemplation found when travelling," the artists said.

Lucy Wells, inclusive arts manager at the Bromley by Bow Centre, said various forms of art had been a huge part of the centre's 30-year history.

Its 'art on prescription' service often refers patients with depression, anxiety or mental health issues to workshops

with professional artists.

And using the GP waiting room as a gallery helps divert visitors' thoughts away from pain and anxiety, she said.

Saul Marmot, GP partner and mental health lead, said: "Art in the waiting room makes the place more welcoming and less intimidating.

"When people come to a GP surgery, they often come with a degree of anxiety and uncertainty and the colourful waiting room is designed to put people at their ease."

A Landscape Journal will be on show until the end of March.



**Lucy Wells, inclusive arts manager at the Bromley by Bow Centre**





## Training and skills

City Gateway is a charity which runs training and skills programmes to enable women and young people to benefit from the area's wider economic development.

[WWW.CITYGATEWAY.ORG.UK](http://WWW.CITYGATEWAY.ORG.UK)

## Apprenticeship award

Tower Hamlets won the London Council Apprenticeship Award 2014 for its work with employers.

SEE BELOW

### News

# Get your career off to a flyer

BY SAM GOUGH

### THE benefits of on-the-job training for young people will be celebrated over the next seven days during National Apprenticeship Week.

The council has employed 185 apprentices over the past four years, with 97 per cent of them going on to secure permanent full-time jobs, some with the council and some elsewhere.

Alima Khatun, 18, from Mile End started her apprenticeship in social media last October, having studied media and photography at school.

A friend referred her to recruitment company Just IT, which sent her to the council.

Alima said she was impressed at how friendly and helpful the staff at the council were: "I love the environment here.



Jimmy Williams

Everyone is so warm and welcoming. People go out of their way to help you out.

"Because of the support I've received, I feel that my confidence has really grown – I'm much more comfortable working independently these days.

"I've been leading on a project to see how the council can use LinkedIn to reach new audiences, and I've really enjoyed that. I've also been surprised at



Alima Khatun

how much I've enjoyed web editing, too."

Alima believes the apprenticeship has given her the skills to achieve her career goals.

"In the future I want to keep on working in social media. I also really want to learn more about marketing," she said.

And she offered some words of advice to prospective apprentices: "Don't be afraid. Just go for it! It's exciting to take on

new things, and become more independent."

Jimmy Williams, 20, from Poplar started an apprenticeship in business administration in January 2013.

Before this he worked in more 'hands-on' positions – including working for some time as a chef, although he aspired to work in finance and business.

Now, Jimmy is on the verge of completing his level 3 in business administration. Looking back at the past two years, he said that he had developed lots of new skills.

"Before I started, I was quite shy. Working in this apprenticeship has really built my confidence. I've worked on my communication skills – especially my writing," he said.

"This apprenticeship has really helped to start me off on my career path. I want to be a

finance officer now, and working in this field has really helped.

"I'm applying for jobs on the admin side of finance, and I hope to work my way up from there."

Jimmy thanked his colleagues, who he said have been extremely supportive.

He said: "Whenever I had a problem – for instance, an unpaid invoice – they'd go through it with me, and demonstrate exactly what I need to do.

"This meant that the next time around I felt confident and knew how to do such jobs."

When asked what advice he would give to others considering applying for apprenticeships, he said: "Make sure you give it your all. Have an interest in the section you're going into. And enjoy yourself."

For more information about council apprenticeships go to <http://tinyurl.com/nyfp9jq>

### News in brief

#### Cards for Jenin

A MEMBER of the Tower Hamlets Jenin Friendship Association is planning a 12-hour card-playing marathon to raise funds for a theatre group based in a refugee camp in Palestine.

Guy Shennan will play cards from 11am to 11pm on Saturday, March 14 to support the Freedom Theatre's first ever UK tour.

He is looking for individuals who will pay to play against him at an allocated time.

The fund-raiser is taking place at The Camel Pub in Globe Road, Bethnal Green.

Anyone interested in joining in can email [guyshennan@btinternet.com](mailto:guyshennan@btinternet.com)

#### THEOs' drug bust

TOWER Hamlets enforcement officers (THEOs) recovered a large quantity of class A drugs on Sunday, March 1.

Responding to a call about loud music from motor vehicles in Sage Street, Shadwell, officers found what appeared to be an abandoned vehicle.

Despite being intimidated by a group of young men, they inspected the car and noticed part of a plastic bag in the wheel arch.

Assisted by the K9 dog unit, the THEOs found large amounts of crack cocaine, heroin and cannabis, all wrapped and prepared for sale.

Police confiscated the drugs and are appealing for information about drug dealing in the area.

#### Bromley exhibition

AN exhibition about the history of Bromley-by-Bow opens at Tower Hamlets Local History Library and Archives this Thursday, March 12.

Land and Lives explores how the area has changed from medieval times through to the 20th century using material from the library's collections.

Archivists Mark Ballard and Malcolm Barr-Hamilton will present highlights of the project at the launch on Thursday from 6-7.30pm at the library at 277 Bancroft Road, Mile End.

## Gateway to a brighter future

### TRAINING organisation City Gateway is working with two companies to promote the role of apprenticeship schemes for the next generation of young employees.

The charity is joining up with Helm Godfrey and Pimlico Plumbers to raise awareness of the value of apprenticeships.

City Gateway offers programmes for women and disadvantaged young people to give them the skills and opportunities they need to enter work or further education.

Helm Godfrey, a wealth and employee benefits adviser, offers educational courses for young people to help them understand more about the financial elements of being in work.

The free course offered through City Gateway includes advice on paying tax, interest rates and loans, and budgeting and saving effectively.

Pimlico Plumbers runs an award-winning apprenticeship scheme and has more than 300 applicants each month.

As part of National Apprenticeship Week, the three organisations have produced a short film featuring senior figures from each firm, who explain what they are doing to support apprenticeships and offer opportunities for young people.

Charlie Mullins, founder and managing director of Pimlico Plumbers, and Eddie Stride, chief executive of City Gateway, join Anthony Nash, a financial adviser for Helm Godfrey, in describing how their schemes work.

The film also tells the stories of some of the apprentices who have found work through apprenticeships and training provided by the three organisations.

You can watch it at <http://tinyurl.com/mgpk8n4>



A THEATRE director who runs his own touring company from Bethnal Green will see his production of a new play performed for the first time this week.

John Walton (pictured), 33, is the first person to direct the stage adaptation of Mervyn Peake's story *Boy in Darkness*, a prequel to his better known *Gormenghast*. Oxford University graduate John trained at the Ecole Philippe Gaulier drama school near Paris and says he applies the French take on directing to all his work.

His touring company, Fol Espoir, meaning Foolish Hope, is based in Roman Road, but travels around the country. He also teaches

at the E15 Acting School in Loughton, Essex. John says he is very excited about *Boy in Darkness*, a one-man show, performed by Gareth Murphy which is being staged at the Blue Elephant Theatre in Southwark from March 11 until April 4.

"From the moment I read Peake's story, with its eerie mix of fantasy, fairy-tale and gothic horror, I knew I wanted to be involved in this project," he said.

And John says the theatre, tucked away down a side street in Camberwell, is a hidden gem and well worth the visit over the river. For more details go to [www.blueelephanttheatre.co.uk](http://www.blueelephanttheatre.co.uk)





## For your information

Parking to pest control,  
housing to hate crime

TURN TO PAGES 14 & 15



## Report hate crime

There are 15 hate crime reporting centres in the borough, including in the four One Stop Shops, and the council is keen to hear from other groups interested in hosting one.

SEE BELOW

### Useful information

# Keeping your children safe

**News from Andy Bamber, head of the council's community safety team**

**FOLLOWING the news that three young women attending one of the borough's schools went to Syria, the council has issued urgent guidance to parents.**

Community safety staff have been working together with the council's education team to respond quickly in the hope that no other parents have to face this kind of ordeal.

A pamphlet has been produced in collaboration with police and is being distributed in partnership with local schools and mosques.

The guidance includes advice on recognising possible signs of extremism and useful contact details.

It is intended to help parents know how to keep their children safe from the risks of extremism and radicalisation.

It is an issue that we should all take very seriously.

We have been working with the council's education team to respond quickly in the hope that no other parents have to face this kind of ordeal.

The guidance has been produced in collaboration with police and is being distributed in partnership with local mosques.

If you feel there is a risk of a child leaving the country you might want to consider moving their passport to a safe place and restricting access to any savings.

Meanwhile, the community safety team has been busy preparing for the re-launch of the borough's third party reporting centres.

These are community locations where you can report a hate crime or domestic violence incident without having to visit a police station.

The government defines

domestic violence as "any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members".

Any domestic abuse or hate crime reported at these centres can be forwarded to the police and to the council, but only at the victim's request.

Staff in third party reporting centres have been thoroughly trained by council officers to always deal sensitively and appropriately with victims.

There are 15 reporting centres across the borough, including in the four One Stop Shops, and the council is keen to hear from anybody who knows of other venues that have the potential to host one.

The council is hosting a conference, bringing together all the third party reporting centres, residents and other professionals in this area on March 19.

For more details about the event, or third party reporting centres, call the council's hate crime team on 7364 6120 (Mon-Fri, 9am-5pm) or email [hatecrime@towerhamlets.gov.uk](mailto:hatecrime@towerhamlets.gov.uk)

The council's youth workers have now been working closely with local hospitals for a year to help vulnerable young victims of crime.

The project has seen council staff based in A&E departments in order to identify young people who have received injuries as a result of violence.

By having trained staff located in hospitals, these victims of violence are encouraged to use the incidents as a turning point for their lives.

Now the programme has been running for a year, youth workers have had the opportunity to work with a large number of young people who they might otherwise have not come across.

### Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

#### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.  
**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.  
**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.  
**Chapel**, 139 Cannon Street:

Mon-Fri 9am-8pm,  
Sat 9am-6pm.

#### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.  
**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

#### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.  
**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.  
**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.  
**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.  
**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

#### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.  
**Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

### Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).**

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

### Advice

#### Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

#### Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

#### Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm. 7364 6489

#### LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

### Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

#### Account 3

1-9 Birkbeck Street, E2. 7739 7720 [www.account3.org.uk](http://www.account3.org.uk)

#### Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

#### Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 [www.bbbc.org.uk](http://www.bbbc.org.uk)  
**Citizens Advice Bureau (CAB)** 32 Greatorex Street, E1. 7247 1050 [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

#### Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 [www.island-advice.org.uk](http://www.island-advice.org.uk)

#### Legal Advice Centre

University House, 104 Roman Road, E2.

8980 4205 [www.legaladvicecentre.org.uk](http://www.legaladvicecentre.org.uk)

#### Limehouse Project

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 [www.limehouseproject.org.uk](http://www.limehouseproject.org.uk)

#### Praxis (New Residents Service)

Pott Street, E2. 7729 7985 [www.praxis.org.uk](http://www.praxis.org.uk)

#### Tower Hamlets Law Centre

(specialist advice by appointment). Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14. 7538 4909 [www.thlc.co.uk](http://www.thlc.co.uk)

### Debt advice

#### Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 [advice@toynbeehall.org.uk](mailto:advice@toynbeehall.org.uk) [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

#### Fair Money Advice

530 Commercial Road, E1. 7702 8032 [www.fairfinance.org.uk](http://www.fairfinance.org.uk)

#### Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 [www.island-advice.org.uk](http://www.island-advice.org.uk)

#### National Debt Line

0808 808 4000 [www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no. .... Page no. ....





## Increased risk of Type 2 diabetes

“You’re more likely to get Type 2 diabetes if you’re overweight, are African-Caribbean, Black African, Chinese or South Asian, are aged over 40 (or over 25 if you are South Asian).”

ROZ ROSENBLATT, DIABETES UK

## Help is at hand

This Wednesday, March 11 is No Smoking Day. For advice and support on quitting go to...

WWW.NOSMOKINGDAY.ORG.UK

### Health news

# Healthier life, healthy kidneys

BY JESSICA ODUBAYO

**TO mark World Kidney Day on Thursday, March 12, renal patients at the Royal London Hospital, Whitechapel are urging residents to be aware of some of the factors that can increase the risk of kidney disease.**

Barts Health Trust has one of the largest renal units in the world and Royal London’s Kidney Patients Association (KPA) has 758 members. The association offers support to people with kidney disease as well as the families of renal patients.

KPA chair Jackie Fisher said: “As a kidney patient who has undergone dialysis and two transplants over the last 12 years or so, I am very passionate about

prevention rather than cure.”

Jackie said World Kidney Day on March 12 was about drawing attention to ways of protecting kidneys before disease strikes.

Factors that can increase the risk of developing kidney disease include diabetes, high blood pressure, cardiovascular disease, family history of kidney disease and being of South Asian or African-Caribbean ethnic background.

Health professionals say maintaining a diet low in salt and saturated fats; keeping fit and active; not smoking; and keeping weight in check can help prevent the conditions associated with kidney disease.

Keeping well hydrated also helps the kidneys clear sodium, urea and toxins from the body.



Models in the kidney awareness T-shirts

Jonathan Blake, a renal patient at the Royal London Hospital, was diagnosed with kidney failure four years ago at the age of 21. Now, he aims to launch a charity – Kidney Awareness UK – and has designed T-shirts.

“I hope these shirts will encourage people to look after themselves and perhaps inspire them to become organ donors. My entire family has switched to a healthier diet as black people are three times more likely to develop kidney failure,” he said.

He will be selling his T-shirts in the main reception at the Royal London Hospital, Whitechapel on March 12.

### News in brief

#### Care ratings online

RESIDENTS can help shape the health and social care services they use by rating them on a website.

At [healthwatchtowerhamlets.co.uk](http://healthwatchtowerhamlets.co.uk), patients can give star ratings to their GP, dentist, homecare provider or hospital, and grade them on everything from cleanliness and staff attitude to the quality of care and food.

The feedback can be left anonymously and there is also space for comments.

The website has a search function and lists all credible, local healthcare organisations so you can find a service and see what other local people think.

It is run by the independent patients’ group Healthwatch Tower Hamlets, which champions health and social care improvements for residents.

Dianne Barham, head of Healthwatch, said: “We want people to tell us about their health and social care experiences, good or bad, so we can feed back this information to the providers.

“They can then use this feedback to help improve services for everyone in the borough.”

Call 0800 145 5343 or email [info@healthwatchtowerhamlets.co.uk](mailto:info@healthwatchtowerhamlets.co.uk)

#### Diabetes risk?

DOCKLANDS is set to welcome thousands of health experts to one of the UK’s largest healthcare meetings.

Scientists and clinicians will meet at ExCel exhibition centre, Royal Victoria Dock, for the Diabetes UK Professional Conference from March 11-13.

At Reuters Plaza in Canary Wharf, the public will be invited to find out their risk of getting type 2 diabetes at a free roadshow on Wednesday and Thursday, March 11 and 12.

Roz Rosenblatt, London regional manager for Diabetes UK charity, said: “There’s nothing scary about our roadshow and no blood tests. Finding out your risk doesn’t take long, but could be an important first step on the path to a healthier life.”

Visit [www.diabetes.org.uk](http://www.diabetes.org.uk)



CAMPAIGNERS held a day of action in support of the NHS last weekend, collecting more than 1,500 signatures. The day of action, co-ordinated by campaign group 38 Degrees, was held across England on February 28.

Thirty people took part in the Bethnal Green and Bow area, encouraging residents to sign the Save our NHS petition which will be sent to all the local candidates standing in the General Election in May. The petition asks each candidate to commit to protecting the NHS from privatisation, make sure it has the funding it needs, and keep the NHS out of a proposed trade deal with the US.

Catherine Powell, mother of a two-year-old from Bethnal Green, said “The NHS was there for my family when we needed their life-saving expertise. Every doctor or nurse I have spoken to say that the NHS needs our urgent support.”

Some 1,080 people had already signed the local petition – visit [www.38degrees.org.uk/nhs](http://www.38degrees.org.uk/nhs)

## Be proud to quit!

**BE a ‘proud quitter’ on No Smoking Day this Wednesday, March 11.**

Stop smoking advisers will be providing free and friendly advice, information and support at venues across the borough throughout March.

Adult smoking rates have continued to reduce in the borough – from April 2013 to April 2014 more than 4,000 people signed up for support which led to more than 1,800 ‘quits’.

Dr Sam Everington, a local GP and chair of NHS Tower Hamlets Clinical Commissioning Group (CCG), said: “As soon as you quit smoking, you start to reduce your risk of getting lung cancer, heart disease, stroke and other related illnesses.

“Your local pharmacy, GP or the NHS stop smoking service all provide free and easy to access support.”

Cllr Abdul Asad, cabinet member for adults and health services, said: “The council works closely in partnership not just on No Smoking Day, but all year round to provide residents with a range of ways that can help people quit tobacco.”

#### Advice days:

■ **Mon, Mar 9:** 10am-2pm at St Paul’s Way Medical Centre, 99 Saint Paul’s Way, E3.

■ **Tues, Mar 10:** 9am-12noon at St Andrew’s Health Centre, 2 Hannaford Walk, E3.

■ **Tues, Mar 10:** 11am-1pm at Bow Idea Store, 1 Roman Road, E3.

■ **Weds, Mar 11:** 9.30am-3pm at Idea Store Whitechapel, 1 Whitechapel Road, E1.

■ **Weds, Mar 11:** 9.30am-3pm at Idea Store Watney Market, 260 Commercial Road, E1.

■ **Weds, Mar 11:** 9am-2pm at Bromley-by-Bow Centre, Saint Leonard’s Street, E3.

■ **Weds, Mar 11:** 9am-2pm at Barkantine Practice, 121 Westferry Road, E14.

■ **Weds, Mar 11:** 10am-3pm at Dental School, Alex Building, Turner Street, E1.

■ **Fri, Mar 13:** 9.30-11.30am at St Stephen’s Health Centre, Bow Community Hall/William Place, E3.

■ **Fri, Mar 13:** 2.30-2pm at East London Mosque, 46 Whitechapel Road, E1.

Visit [www.towerhamlets.gov.uk/stopsmoking](http://www.towerhamlets.gov.uk/stopsmoking) and [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)



# On the right Pathway

Pathways to Employment events are held regularly at children's centres across Tower Hamlets.

SEE BELOW



# Doing what I've always wanted

"It's been brilliant. I can't wait to finish it all and do what I have always wanted to do. I am hoping that, if I pass my course, I can either work part-time or full-time."

LOUISE HOGGER, LEFT

## News

# "It's not just the income... it's the confidence to be myself"

(Right and middle) Parents learn new skills and discover opportunities at the Mile End Pathways to Employment event last month



BY STEFAN SWIFT

**MORE than 200 parents received offers for employment, training or volunteering through the council's children's centres in 2013/14.**

And the number of parents finding work looks set to be replicated in the year ending this April.

Last month, Marner, Mile End and Overland children's centres held the latest in a series of Pathways to Employment events they have hosted across the borough.

The events bring parents seeking employment, training and volunteering opportunities together with employers, training providers and agencies.

Parents are given the chance to enquire about jobs, placements and courses. Many local services attend the events and are on hand to offer advice and support to parents looking for work, and activities for children are provided.

Among the groups which have attended the jobs fairs are Skillsmatch,



Tower Hamlets College, Age UK, Jobcentre Plus, Foodcycle, account3, Bromley-by-Bow Centre, Home-Start and the council's Idea Stores and parental engagement teams.

Three parents from Bow, whose careers have benefited directly from the work of Overland Children's Centre, are Quratulain Majeed, Louise Hogger and Amel Daoud.

Quratulain – known as Annie – had completed a childcare level 3 course before having children and was offered a volunteering placement at Overland.

Staff there encouraged the 34-year-old to apply for jobs and she is now working in schools for the hours that

suit her childcare arrangements.

"I was away from my career for some time so I was concerned about returning to work. Then I started to do volunteering work at the nursery and, with the support and help of staff, I learnt a lot," she said.

"Now my whole family life has changed – it's not just the added income, it has given me the confidence to be myself and my children can see that."

Amel, 26, came to Tower Hamlets from Sweden and has used her experience of learning to speak English confidently to help others who may have similar issues.

She is currently volunteering at Idea Store Bow having taken a course – speaking English with confidence – at college.

In return for the free training, she is volunteering 30 hours of her own time over the next few months to help those in the community speak English as a second – or even third – language.

Amel said: "I am really enjoying the



These new community safety surgeries will be held by Lead Member Cllr Ohid Ahmed and the Police, in every ward in Tower Hamlets. Located in the new Mobile Police Office, the surgeries will give residents the chance to raise issues of crime and anti-social behaviour in the area, and the Council and Police an opportunity to inform residents of how they are tackling it. The surgery will be followed by a walkabout in various locations across the ward:

Residents do not need to register and can just show up on the day.

# Have your say on SAFETY in a ward near you

Residents are invited to join Cabinet Member for Community Safety, Councillor Ohid Ahmed and Borough Commander, Andy Ewing, to discuss community safety issues in four wards.

**Date** Friday 13th March  
**Ward** BOW WEST  
**Surgery** 9.30am-10.30am  
**Location** Harley Grove, E3 2AT  
**Walkabout** 10.30am-12.00pm  
**Meeting point** Harley Grove, E3 2AT

**Date** Friday 27th March  
**Ward** BOW EAST  
**Surgery** 9.30am-10.30am  
**Location** Garrison Road, E3  
**Walkabout** 10.30am-12.00pm  
**Meeting point** Garrison Road, E3

**Date** Friday 10th April  
**Ward** MILE END  
**Surgery** 9.30am-10.30am  
**Location** Mile End Road - junction with Southern Grove E3 4TF  
**Walkabout** 10.30am-12.00pm  
**Meeting point** Mile End Road - junction with Southern Grove E3 4TF

**Date** Friday 24th April  
**Ward** CANARY WHARF  
**Surgery** 9.30am-10.30am  
**Location** Midship Point, The Quarterdeck, E14 8SW  
**Walkabout** 10.30am-12.00pm  
**Meeting point** Midship Point, The Quarterdeck, E14 8SW

Details of the **Community Safety Surgery** in your ward can be found online: [bit.ly/1lvBu87](http://bit.ly/1lvBu87)  
Details of the **Community Safety Walkabout** in your ward can be found online: [bit.ly/VNcg8U](http://bit.ly/VNcg8U)



TOTAL POLICING



MAYOR OF TOWER HAMLETS





## Help and support in learning

"I was away from my career for some time so I was concerned about returning to work. I started to do volunteering work at the nursery and, with the support and help of staff, I learnt a lot."

ANNIE MAJEED, LEFT

## Centre of excellence

Parents are offered employment, training or volunteering opportunities at Tower Hamlets children's centres.

SEE BELOW

### News

experience. We teach people basic grammar and vocabulary so when they go to the doctor or bank they can speak for themselves.

"I now feel I have an important role to play in the community. I feel like I have a special role for those who are struggling to speak English confidently."

Louise, 25, has recently been accepted on a level 2 childcare course, thanks to the encouragement of children's centre staff.

To help her chances of getting accepted on the course, staff have helped Louise to re-sit her maths GCSE, assisted with her CV, helped attain a Disclosure and Barring Service check and offered her a volunteering placement, essential to completing the course.

She said: "This course worked out well because you volunteer as part of the course and it is not as costly."

"It's been brilliant. I can't wait to finish it all and do what I have always wanted to do. I am hoping that, if I pass my course, I can either work part-time or full-time."

**We teach basics so when people go to the doctor, they can speak for themselves. I feel I have a special role for those struggling to speak English confidently."**

Amel Daoud

Cllr Gulam Robbani, cabinet member for education and children's services, said: "Pathways to Employment is another fine example of how council services are assisting children and their parents to find work."

"Some of the employers we are able to attract to these types of event prove how valuable this is to both parents and employers."



Razia Bibi, Amel Daoud, Annie Majeed and Louise Hogger attended courses at Overland Children's Centre

## Officially UK's No.1 Asian TV Channel



presents



powered by



**Mon-Sat  
9:30 pm**



Associate Sponsor: **DAAWAT**  
THE FINEST BASMATI

| Sky 784

| Virgin Media 803

| TalkTalk 440

**StarPlus**





# LONDON DEGREE READY, TEACHER CAREER READY.

QUALIFY AS A PRIMARY  
TEACHER IN LONDON WITH US.

Find out more at our PGCE opening evening.  
Thursday 19 March 2015, 4-7pm.  
Book now at: [www.cumbria.ac.uk/openday](http://www.cumbria.ac.uk/openday)

University of  
**Cumbria**



**THE** LEADERSHIP & MANAGEMENT AWARDS 2014 WINNER  
OUTSTANDING STUDENT SERVICES TEAM



## Introducing Tower Hamlets' Foster Carers

...filling children's lives with  
love and laughter

Think you'd like to join them?  
Find out more:

[www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

**0800 279 9850**

We offer competitive rates, fantastic training opportunities and 24 hour support.



Join our foster carers  
over a slice of cake and a  
cup of tea to find out what  
fostering is really like.

**Thursday 12 March,  
6-8pm**

Tower Hamlets Town Hall  
Mulberry Place  
5 Clove Crescent  
E14 2BG





## Exploding one by one

Some 800 barrels of whisky exploded, one after another, each becoming an incendiary bomb, pouring flames across the floors and down the stairs, each negating the efforts of the firemen.

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

SEE BELOW

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

## History

BY JOHN RENNIE

## Railway goods yard a victim of a 'fearful London conflagration'

**If you were to compile a menu for the perfect conflagration – quick to catch and near-impossible to contain with Victorian fire-fighting equipment – you couldn't have done better than the list of ingredients that consumed Haydon Square goods depot on the night of September 11, 1866.**

Four thousand bales of wool? Check. Hundreds of gallons of whisky, rum and gin? All present. Add in a wooden structure of the sort Sir Christopher Wren had tried to banish from London after the Great Fire two centuries previously, and a guard consisting of a solitary night watchman doing his rounds with an oil lamp, and it perhaps looks like an accident waiting to happen.

That autumn night, it did. A spark caught, occasioning "one of those fearful conflagrations which occasionally startle the inhabitants of London".

The site was the East End depot of the London and North Western Railway Company, in the Minories, just south of Aldgate. The yard, which old photos show nestling behind a bustling street facade of shops and pubs, was connected via a branch line to the Blackwall Railway and flanked on each side by lofty brick warehouses, rising to six floors.

Each floor had a tramway running into it, allowing goods to be shunted in for discharge or for loading. Lifts ran to all floors, allowing heavy goods to be swiftly moved around the building.

Haydon Square had a life long before the railways of course. Back in 1677, a map shows the area as covered by Heydon House and Yard, with no square to be found.

The Heydon family were well known in the district, Captain John Heydon having a grand house in the Minories, courtesy of his role as Master of the Ordnance (weaponry and ammunition).

Records have a 'J Heydon' as an alderman of Aldgate Ward in 1582. In 1708, it is written of as 'a new square' and by 1720 there were coach houses and stables on its eastern side and large houses to the west.

By the mid-1800s, much of the surrounding street plan had been bulldozed to allow the railway to push from the docks into the City (it would eventually terminate at Fenchurch Street).

The once rather grand Haydon Yard/Square was now home to the goods depot; the fine houses, rather than being demolished, had been subdivided into tenements, shops, pubs and storage areas.

And there was the depot itself. A mighty operation, ideally suited to the enormous trade going through the London docks in mid-Victorian England.

Raw materials would be brought in by



Looking east from Haydon Square Junction



The front of the goods yard

© National Railway Museum and SSPL

# Booze fuelled blaze was an accident waiting to happen

**Bystanders reported flaming trucks being dragged into the middle of Whitechapel High Street."**

train from the docks, before despatch up to the Midlands and north of England for manufacture into finished goods: the woollen mills of Yorkshire were fed from the Haydon Square depot.

In turn, manufactured items would thunder down by train from the North, and after sorting and storage at Haydon Square would be despatched by train to the docks, and thence to the furthest corners of the Empire.

The upper floors of all the warehouses were rented by Messrs Gooch and Cousens, a thriving City of London wool merchant, and on the night of September 11, their premises were packed to bursting, with the aforementioned 4,000 bales of wool, averaging in value between £20 and £30 apiece.

The night goods train had left for the north as usual on the night of September 10, and the station was left in the care of three railway policemen and a night-watchman.

It was the latter who, in the early hours of the 11th, spotted a glare of light in the top floor of the eastern warehouse.

The alarm was raised, the resident engineer and the police called, and all hands set to attaching hoses to every available tap. Within 20 minutes though, fuelled by the heady mix of wool and spirit, the whole top floor was ablaze.

It was only now that the Metropolitan Fire Brigade became aware of the blaze (the warehouse men having mysteriously omitted to alert them).

Now 200 firefighters arrived, though the chief officers quickly ascertained that all the floors of the warehouses were joined, with no fire break between them.

Some 800 barrels of whisky exploded, one after another, each becoming an incendiary bomb, pouring flames across the floors and down the stairs, each negating the desperate efforts of the firemen.

Eventually the firefighters' clothing began to catch and the men were turning their hoses on each other to stop from burning. Now the flames were leaping from building to building and setting alight the laden wagons and vans sitting on the railway lines themselves.

Bystanders reported flaming trucks being dragged into the middle of Whitechapel High Street.

The blaze peaked at about 4am, and by 7am it was under control, though it smouldered for days. Miraculously, nobody had been killed. Gooch and Cousens was left in ruin though.

The company was insured for £80,000 but the damage was estimated closer to £200,000 (around £16m in 2015 values).

You'll search in vain for Haydon Square on a map today, but the clues are there if

you know where to look. The Victorian street plan is utterly disrupted.

The work that the railway companies did in ploughing through the old road layout is as nothing compared to the work of the post-World War II planners.

The thundering Mansell Street gyratory system whirls cars and buses around the site of the old Blackwall railway station.

And where Goodman's Field once lay (the name lingers on solely as the title of the ubiquitous Wetherspoon's pub) now stand North and South Tenter Streets.

And Haydon Square, which once sat between Mansell Street and Minories, has gone completely. Only Haydon Street (its narrowness a clue to its great age) remains, marooned amid modern blocks.

But at street level, where Chamber Street hits Mansell Street, if you look up you'll see the remains of the bridgework which carried the old line into the depot.

Overhead, the main line and DLR trains still rumble in to Fenchurch Street and Tower Gateway stations, a few hundred yards to the west.

A sparrow's-eye view from above shows the crumbling hulks of brick and stone, marooned for decades amid the new developments, and gradually disappearing beneath the buddleia. Haydon Square, like so much of the old London, is buried in plain view.



# A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

## Council information

### Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

### Meetings

**Tuesday, March 10**

**5pm: Tower Hamlets Health and Wellbeing Board**

The meeting will discuss the board's forward programme and receive updates on existing programmes.

For details call 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

**6.30pm: Licensing committee**

The meeting will consider reports on the cumulative impact zone under the 2003 Licensing Act and touting in the Brick Lane area.

For details call 7364 4120 or email [simmi.yesmin@towerhamlets.gov.uk](mailto:simmi.yesmin@towerhamlets.gov.uk)

**Wednesday, March 11**

**6pm: Commissioners' decision-making meeting.**

For details call 7364 4651 or email [matthew.mannion@towerhamlets.gov.uk](mailto:matthew.mannion@towerhamlets.gov.uk)

**7.30pm: Development committee**

Members will consider planning applications including residential and community facilities including mosque, nursery hall and community centre on land

between St Paul's Way and Masjid Lane, E3. Details from Zoe Folley (see left).

**Thursday, March 12**

**7.30pm: Strategic development committee**

Details from Zoe Folley (see left).

**Tuesday, March 17**

**6.30pm: Licensing sub-committee**

Details from Simmi Yesmin (see left).

**7pm: Audit committee**

For details call 7364 4881 or email [antonella.burgio@towerhamlets.gov.uk](mailto:antonella.burgio@towerhamlets.gov.uk)

**Wednesday, March 18**

**6.30pm: King George's Field charity board**

Call 7364 4878 or email [david.knight@towerhamlets.gov.uk](mailto:david.knight@towerhamlets.gov.uk)

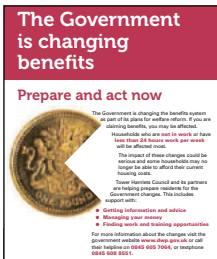
Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

### Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:



# Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

### Planning

**E1**

**1 Moss Close** – application for certificate of lawful development for proposed construction of ground floor rear single-storey extension, dormer roof extension and insertion of roof light in front roof slope.

**56-60 Nelson Street** – prior approval for proposed change of use from office to dwelling.

**E2**

**51 Derbyshire Street** – prior notification for

change of use from office to residential dwelling.

**E3**

**64 Tredegar Road** – submission of information in connection with travel plan in accordance with section 106 agreement dated 30.3.12, ref. planning permission PA/10/02340.

This is not a definitive list of all current planning applications. For more details go to the council's website at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) and click on Planning & Building.

### Drug treatment providers

**Community Drug Team**

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

**Nafas**

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

**Harbour Recovery Centre**

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

**Young People's Service**

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878  
[www.lifeline.org.uk](http://www.lifeline.org.uk)

**Isis**

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399  
[www.compass-uk.org](http://www.compass-uk.org)

**Community Alcohol Team**

Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200  
[www.rapt.org.uk](http://www.rapt.org.uk)

**Somali Substance Misuse**

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

# Lunch bunch tucks in to healthy eating awards

**LUNCH clubs have joined the growing band of businesses receiving the council's Food for Health awards.**

Businesses are rewarded for making healthy changes to the food they cook and sell, making it easier for residents to have healthier choices.

New businesses received their awards along with 27 renewals at a ceremony on February 24 at Mulberry and Bigland Green Centre.

Ten lunch clubs, one of which provides Meals on Wheels, are now part of the scheme.

The event saw a presentation by Dr Abdollah Ghavami and Dr Hamid Ghoddusi from London Metropolitan University about how to maintain nutrition in your diet and looking after your fruit and vegetables.

Dr Somen Banerjee, director of public health at the council, said: "The standard and success of the Food for Health awards keeps rising.



Ali's Fruit and Vegetable shop in Roman Road is feeling the benefits of being part of the Buywell Food for Health scheme with a 60 per cent increase in sales. The shop was presented with a Food For Health Gold award last month.

"By branching out into lunch clubs, the initiative continues to increase the supply and production of healthier food."

Local businesses that are interested in food safety training can take part in the Charter Institute of Environmental Health level 2 food safety catering course at a cost of £65, or free for those part of the awards scheme.

The course covers topics such as legislation, food handling, and awareness of food poisoning bacteria.

It runs this Wednesday and Thursday, March 11 & 12 from 9.30am-1.30pm at the Town Hall, Mulberry Place, 5 Clove Crescent, E14. For more information on the training visit [www.towerhamlets.gov.uk/foodforhealth](http://www.towerhamlets.gov.uk/foodforhealth) or call 7364 5008.

**NITROUS Driving School**  
[www.nitrousdrivingschool.co.uk](http://www.nitrousdrivingschool.co.uk)  
**07956 222 611**  
**Special Offer**  
Manual and Automatic\*  
5hrs - £65  
FREE ONLINE THEORY PRACTICE  
\*Introductory offer  
\*Terms and conditions apply

**ST. HILDA'S**  
**Over 55s Computer Class**  
Free and open to all from beginner to intermediate computer users  
**Every Thursday 10am - 12pm**  
St Hilda's East Community Centre  
18 Club Row, E2 7EY  
**020 7739 8066**

**For exchange**  
**One bedroom newly decorated ground floor flat with front and back garden in E1, central & quiet location.**  
**Looking for**  
**Two bedrooms, most areas will be considered but only TH Homes.**  
**Call 07958 742 089 for more information**

**RedGreen SCHOOL OF MOTORING**  
Packages Available: 5 Lessons, 10 Lessons, 20 Lessons  
from **£15** per hour  
First 2 hrs £25+  
Discounts for: Students, Block Booking, Intensive Courses  
**07950 567 202**  
\*Conditions Apply

**call us anytime**  
**Fast REMOVALS**  
1 07957 191 134  
[www.fastremoval.com](http://www.fastremoval.com)  
**REMOVAL & DELIVERY**  
**ANY SIZE REMOVAL**  
• House • Flat • Office • Waste Removal  
**Competitive Rates**  
[www.fastremoval.com](http://www.fastremoval.com)  
[alam@fastremoval.co.uk](mailto:alam@fastremoval.co.uk)  
**07957 191 134**

**0% COMMISSION RENT GUARANTEE**  
1-6 BEDROOM PROPERTIES URGENTLY REQUIRED IN ALL AREAS OF LONDON  
■ FREE GAS SAFETY & EPC CERTIFICATE  
■ 1-5 YEAR RENT GUARANTEE  
■ DEDICATED MANAGEMENT SERVICE  
■ VETTED PROFESSIONAL TENANTS  
CALL FOR A FREE RENTAL VALUATION  
**0203 384 2636**  
**eLondon Lets**  
Lettings & Management





## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's photo was taken on the Teviot Estate, E14.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes – 7364  
5015  
Healthline – 7364 5016

### General enquiries

Council enquiries – 7364 5020.

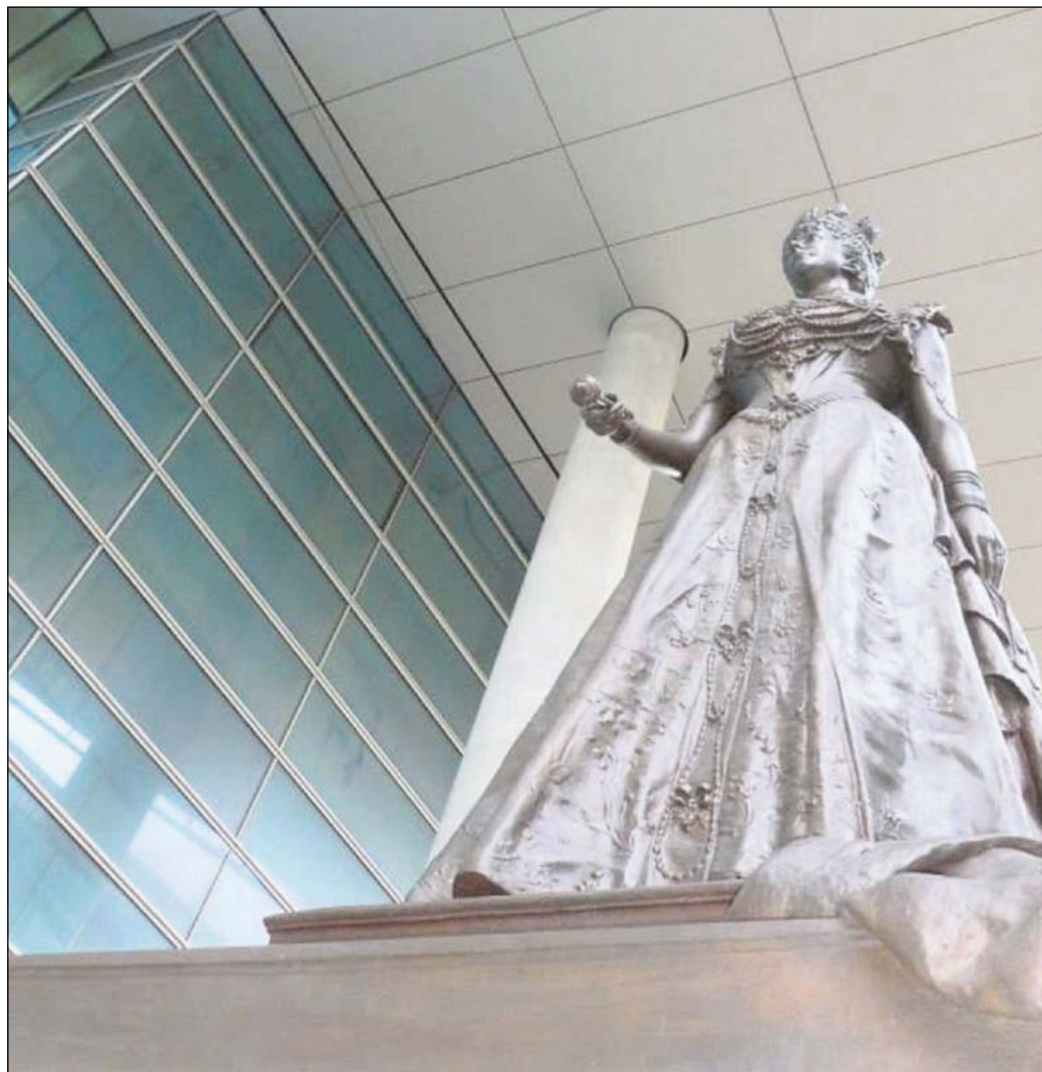
### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice (E14) – 7364 7507  
Housing advice (E1, E2 or E3)  
– 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.

Do you know where this unusual feature of the borough can be found? This is another photo taken by Ilika Chakravarty from the Isle of Dogs. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.



### Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)  
**24-hour domestic violence national helpline**

0808 2000 247  
**Haven Whitechapel (sexual assault referral centre)**

7247 4787  
**Karma Nirvana (Honour Network Helpline)**

0800 5999 247  
**Broken Rainbow (LGBT domestic violence)**

0845 260 4460  
**Black Women's Health & Family Support**  
8980 3503  
**Rights of Women**

(legal advice)  
7251 6577

**Victim Support Line**  
0845 30 30 900  
**Victim Support Tower Hamlets**  
8555 8254

**NSPCC Child Protection Helpline**  
0800 800 5000  
**Childline**  
0800 1111  
**Shelterline**  
0808 800 4444  
**Respect (for perpetrators)**  
0845 122 8609

**Reunite (advice about child abduction)**

0116 2556 234  
**Men's Advice Helpline**  
0808 8010 327  
**Samaritans**  
08457 909090

**Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict**  
Free service for council tenants and leaseholders. 7702 8305

**Trading standards**  
Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead, off Bethnal Green Road, E2  
**Bow & North Poplar** – John Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market Square, Chrisp Street, E14  
**Stepney & Wapping** – Idea Store Watney Market, 260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel Road, E1. 7364 4332  
**Watney Market** – Commercial E1. 7364 4332  
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge Heath Road, E2. 8980 3902  
**Cubitt Town** – Strattondale Street, E14. 7987 3152  
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.  
**Local History Library and Archives** – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.  
7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

## HAVE YOU MADE YOUR WILL?

**PETER BOWYER (MIPW, MSWW)**  
**Professional Will Writing Services**

Member of the Institute of Professional Will Writers and the Society of Will Writers

**HOME VISITS**

**0800 389 7387**

**0207 001 7711**

Visit: [www.londonwills.com](http://www.londonwills.com)

## HAVE YOU MADE YOUR POWER OF ATTORNEY?

If you become ill and cannot look after your affairs then without a Lasting Power of Attorney a government secret court could take over the running of those affairs. Likewise if you are in care or ill the same court could decide on your treatment and welfare without any of your loved ones having any say in what happens to you.

**MAKE A POWER OF ATTORNEY FOR PROPERTY AND AFFAIRS AND ANOTHER FOR PERSONAL WELFARE**

## SERVICES INCLUDE

- Single/Double wills
- Powers of Attorney
- Property Protection Trusts
- Wills for "Partners"
- Home Visits
- HUNDREDS OF SATISFIED CLIENTS LOCALLY

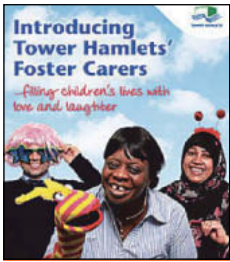
The CODE OF PRACTICE of the Institute of Professional Will Writers is approved by the Government's "Trading Standards Institute".



# Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



# ফাস্টারিং সম্পর্কে জনগণকে অনুপ্রাণিত করতে প্রচারাভিযান

ফস্টার কেয়ারার হতে লোকজনকে উৎসাহিত করতে টাওয়ার হ্যামলেটস্ কাউন্সিল বিশেষ এক প্রচারাভিযান শুরু করেছে। ২ মার্চ থেকে ইস্ট লন্ডনের ৮টি বারায় শুরু হয়েছে এই হাই-প্রোফাইল ক্যাম্পেইন। পোস্টার ও বিলবোর্ডে বাচ্চাদের প্রতিপালন করার আনন্দজনক দিকগুলো তুলে ধরা হয়েছে। বিস্তারিত পড়ুন নিচে -

COUNCIL LAUNCHES CAMPAIGN FOR MORE FOSTER CARERS

## Harmony

# Ka ilaali ubadkaaga halista xaglinta ah

## Keep your child safe from extremism – issue 1049

**WAXAA kawnsulku soo saaray hoga tusaalayn waalidiidanta loogu tako galay si ilmahooda uga ilaaliyaan in xagjor noqdo.**

Qoraalkan hogatusaalaynta waxaa ku jira in garawsato astaamaha xagjirnimada, meelaha aad la xidhiidhi karto iyo weliba qayb wayninaya waalodoonta si uu ulmahoodu ammaan ugu noolaado.

Qoraalkan hogatusaalaynta ah waxaa la bilaabay in la wasaco bishii hore, kadib markii la ogaadey in sedex hablood oo ka tirsanaa dugsiga Bethnal

Green Academy, la waayey, booliiskuna sheegay in ay aaminsan yihiin in ay ka taalaabeen xuduudan turkiga ilaa Suuriya.

Hablaha la waayey waxaa ka mid ah Shamima Begum oo shan iyo toban jir ah, Amira Abasa, iyo Kadiza Sultana, 16. Waxay guryahoodii ka baxeen 17 Febraayo.

Waxay ka duuleen Garoonka Gatwick iyaga oo u sii jeeda, waxaan booliisku aaminsan yahay in ay haatan ku sugan yihiin Suuriya.

Qoraalkan hoga tusaalaynta

ah waxaa loogu sheegayaa waliidinta in ay ilmahooda ka warhayaan halka tago, ciddii la joogaan oo ay karti u yeeshaan in ay dabgalaan iyo weliba in ay kala hadlaan waxay TV-yada iyo baraha internetka ka arkaan.

Waxaa kale oo ku cad telefoonada meelahaad talooyin ka heli lahayd, tusaale ahaan Active Change Foundation waxay talo kugu siin kartaa onlayn ama wac 8539 2770.

Kawnsulka ee waalidiinta email [parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) amma wac 7364 1952.

# Bakhtiyaanasiibka habka cashuur bixinta kawnsulka

Chance to win £25,000 in council tax draw – see page 2

**QOF nasiib badan ayaa ku guuleysan doona £25, 000 hadday isku diiwaangeliyaan in ay ku bixiyaan cashuurta kawnsulka toos oo bangiga laga goosto.**

Kawnsulka Tower Hamlets wuxuu ka mid yahay 16 kawnsul oo London ah oo u ololaynaya in ay ku dhiirigeliyaan dadweynuhu in ay cashuurta kawnsulka ku bixiyaan daaract dibit.

Haddii aad hungryreyso in

aad nasiibkaaga ku guuleysato lacagtaam waa in aad isu diiwaangelisaa in cashuurta kawnsulka ki bixinayso habkaam inta ka horaysa 5pm maalinta 17 Juulay.

Waa in aad foomla soo buuxisaa oo aad boosta soo dhigtaa amma aad onlayn isku diiwaangelisaa [www.towerhamlets.gov.uk/counciltax](http://www.towerhamlets.gov.uk/counciltax) amma wac 7364 5002 oo kala sheekayso.

Dadka haatanba ki bixiya lacagta daarect dibit iyaga toos

ayaa loo gelinayaa bakhtiyya nasiibka.

Haddii aad u baahantahay in lagaa caawiyo sidaad akawnt u furan lahayd amma akawnkaaga dhubaatooyun ka taagan yihiin la xidhiidh oo booqo [www.moneyadvice.service.org.uk](http://www.moneyadvice.service.org.uk) amma wac 0300 5005000.

Taageero lacageed iyo talooyinkeeda, waxaa diyaar kuula ah Toynbee Hall at 28 Commercial Street, E1 amma wac 7247 6943.

# Barbaariyaal ubad ayaa loo baahan yahay

## More foster carers are needed – issue 1049

**KAWNSULKU wuxuu raadcayhayaa uu helo tiro daryeelayaal ubad loo dhiibo oo lagu siyaadiyo 115kii hore u jirey.**

Wuxuu kawnsulku ku hamiyayaa in uu soo jiito 25 kale, kawaas oo awoodi kara in hoy u heli karaan carruurta sedex jirka iyo wixii ka weyn iyo weliba kuwa naafada ah.

Gertrude iyo Keith Tummings

waxay korinayeen unada aanay dhalin18 sano. Mudada intaa leeg waxay barbaariyeen 25 carruur ah, oo sagaal ka mid ahay ay naafo ahaayeen.

Mrs Tummings ayaa tidhi: “Waxaa la igu ha ka daallin barbaarinta carruurta, oo markaan maqlo I farxad gelisa. Waxaan doonaya keliya in aan arko carruurta oo taabo gashay.”

Faahfaahin dheeraad ah

fadlan la xidhiidh 0800 2799850 ama booqo [www.fosteringandadoption.co.uk](http://www.fosteringandadoption.co.uk)

Cidkasta oo danaynaysa barbaarinta carruurtu ha yiimaadaan Tawn Hoolkam maalinta Khamiistam 12ka Marij, 6-8pm. Shaah, sharaab iyo cunta fududina waa kuu.

Madashu waa Town Hall, Mulberry Place, 5 Clove Crescent, Poplar.



# ফেয়ারট্রেডের স্কুল ইউনিফর্ম ব্যবহার করবে শিক্ষার্থীরা

## School uniforms and bananas go Fairtrade – issue 1048

টাওয়ার হ্যামলেটসের স্কুলগুলোতে বছরে প্রায় ৪০ হাজার ফেয়ারট্রেড এর কলা সরবরাহ করা হয়। এক গবেষণায় এই তথ্যটি ওঠে আসার পরই আরেকটি ভালো সংবাদ পাওয়া গেছে, আর তা হচ্ছে রেডল্যান্ডস্ প্রাইমারী স্কুল তাদের শিক্ষার্থীদের জন্য সুয়েটশার্ট ফেয়ারট্রেড কটন থেকে নেয়ার সিদ্ধান্ত নিয়ে আরেকটি ইতিহাস গড়লো।

কাউন্সিল ২০১২ সাল থেকে বারার সকল

স্কুলের ক্যান্টিনে ফেয়ারট্রেড এর কলা সাপ্লাই করে আসছে। গবেষণায় দেখা গেছে গত বছর বারার স্কুলগুলোতে ৪০ হাজার ৬৩০ ফেয়ারট্রেড বানানা বা কলা খাওয়া হয়েছে।

টাওয়ার হ্যামলেটস্ ফেয়ারট্রেড নেটওয়ার্ক এর মারিয়া লারাভিন বলেন, হেভারিং কাউন্সিলের ব্যবস্থাপনায় ৮টি কাউন্সিলের সাথে যে যৌথ চুক্তি রয়েছে, তার অংশ হিসেবে এই উদ্যোগ নেয়া হয়েছে। কলার পাশাপাশি স্থানীয় স্কুলগুলো প্রতি

বছর ফেয়ারট্রেড সার্টিফিকেড ৭ হাজার ৫৭৩ ফুট জুশ পেয়ে থাকে। এই চুক্তিপত্রটি আগামী ২০১৬ সালের জানুয়ারী মাসে নবায়ন করা হবে। আমাদের প্রোডাক্ট রেঞ্জ আরো সম্প্রসারণ করা হবে বলে স্থানীয় স্কুলগুলো আশা করছে।

কেবিনেট মেম্বর ফর এডুকেশন, কাউন্সিলর গোলাম রব্বানী বলেন, ফেয়ারট্রেডের পণ্য ব্যবহারে স্কুলগুলোর এই আগ্রহ চমৎকার। আমরা এই শিক্ষার্থীদের নিয়ে সত্যিই গর্বিত।

# ফাস্টারিং সম্পর্কে জনগণকে অনুপ্রাণিত করতে

# বিশেষ প্রচারাভিযান শুরু করেছে কাউন্সিল

## Council launches campaign for foster carers – issue 1049

বাচ্চাদের লালনপালনকারী বা ফস্টার কেয়ারার হতে লোকজনকে উৎসাহিত করতে টাওয়ার হ্যামলেটস্ কাউন্সিল বিশেষ এক প্রচারাভিযান শুরু করেছে।

২ মার্চ থেকে ইস্ট লন্ডনের ৮টি বারায় শুরু হয়েছে এই হাই-প্রোফাইল ক্যাম্পেইন। ক্যাম্পেইন পোস্টার ও বিলবোর্ডে বাচ্চাদের প্রতিপালন করার আনন্দজনক দিকগুলো তুলে ধরা হয়েছে। পোস্টারের ছবির জন্য টাওয়ার হ্যামলেটসের ফস্টার কেয়ারাররা অভিনব পোশাক পড়েছেন। আর ট্যাগলাইন হিসেবে পোস্টারে লেখা রয়েছে -

ভালোবাসা ও হাসিতে পূর্ণ শিশুদের জীবন। ফস্টার কেয়ারার নিয়োগ এবং আরো অধিকসংখ্যক কেয়ারের সন্ধান অব্যাহতভাবে চালিয়ে যাওয়ার ক্ষেত্রে টাওয়ার হ্যামলেটস্ কাউন্সিলের রয়েছে অনবদ্য রেকর্ড।

বর্তমানে কাউন্সিলের অধীনে ১১৫টি ফস্টারিং পরিবার রয়েছে এবং কাউন্সিল আশা করছে চলতি বছরের মধ্যে আরো ২৫টি পরিবারকে ফস্টারিংয়ের প্রতি আকৃষ্ট করতে পারবে।

যেসকল বাচ্চার বয়স তিন বা ততোধিক, ভাই-বোন এক সাথে, কিংবা যেসকল বাচ্চার ডিজেনারেলিটি আছে এবং কিশোর বয়সীদের লালন পালন করতে আগ্রহীদের নিয়োগ দিতে কাউন্সিল বিশেষভাবে আগ্রহী।

মেয়র, লুৎফুর রহমান এ প্রসঙ্গে বলেন, ফস্টার কেয়ারাররা সব সময়ই আমাদের কমিউনিটির সত্যিকারের হিরো। তারা ছাড়া, যেসকল

শিশুদের জীবনের শুরুটা ভালোভাবে হয় না, তারা প্রয়োজনীয় উষ্ণতা, ভালোবাসাপূর্ণ পারিবারিক পরিবেশ থেকে বঞ্চিত হতো।

মেয়র বলেন, বাচ্চা লালনপালনকারীরা আমাদেরকে সব সময় বলে থাকেন যে, ফাস্টারিং বা বাচ্চাদেরকে লালন পালনের কাজটি খুবই সন্তুষ্টিদায়ক। অসহায় বাচ্চাদের জন্য নিজেদের ঘরের দরোজা উন্মুক্ত করে দিয়ে আদর ভালোবাসায় বুকে টেনে নেয়ার পর তাদের জীবন পাল্টে দেয়ার আনন্দ ও সন্তুষ্টি ভাষায় প্রকাশ করা সম্ভব নয়।

কেবিনেট মেম্বর ফর এডুকেশন এন্ড চিলড্রেন্স সার্ভিসেস্ কাউন্সিলর গোলাম রব্বানী বলেন, যারা কখনোই ফস্টারিং সম্পর্কে ভাবেননি, তারাও এই প্রচারাভিযানের ফলে এ ব্যাপারে আগ্রহী হবেন বলে আমরা আশা করছি। এ ব্যাপারে আমাদের বিশেষজ্ঞদেরকে ফোন করুন এবং তারা আপনার সকল জিজ্ঞাসার জবাব দেবেন।

টাওয়ার হ্যামলেটসের কয়েকজন ফস্টার কেয়ারার এই প্রচারাভিযানে অংশ নিয়েছেন। তাদের মধ্যে রয়েছে গার্টরুড এন্ড কীথ টামিংস্ দম্পতি, যারা ১৮ বছর ধরে বাচ্চাদের লালন পালন করে আসছেন। এ পর্যন্ত তারা ২৫টি শিশুকে লালন পালন করেছেন, যাদের ৯ জনই হচ্ছে ডিজেনারেল।

মিসেস টামিংস্ বলেন, শিশুদের প্রতিপালন করতে পেরে আমি খুবই খুশি ও গর্বিত বোধ

করি। আমি শুধু এটাই চাই যে প্রতিটি শিশু যেন সুখে থাকে এবং তাদের সম্ভাবনার শীর্ষে উন্নীত হওয়ার সুযোগ পায়।

আফিয়া চৌধুরী গত ৯ বছরে ২৫ জন শিশুকে প্রতিপালন করেছেন। তিনি বলেন, নিজের পরিচর্যাধীন শিশুরা পরিপূর্ণ আস্থার সাথে বেড়ে ওঠে - এটা দেখতে পারাটাই ফস্টারিং এর আনন্দ ও তৃপ্তি।

তিনি আরো বলেন, কিছু কিছু শিশু যখন আমার কাছে থাকতে এলো, তখন তারা ছিলো ভীষণভাবে উদ্ভিগ্ন এবং তাদের চোখে ছিলো অশ্রুধারা। কিন্তু অসীম ধৈর্য প্রদর্শন, আশ্বস্ত করণ ও সহৃদয়তা দেখানোর ফলে তাদের মধ্যে লক্ষ্যনীয় পরিবর্তন আপনি দেখবেন। আমি তাদের জীবনে সত্যিকারের পরিবর্তন আনতে পেরেছি - এই ভাবনাটা আমাকে গর্বিত করে।

টাওয়ার হ্যামলেটসে ফস্টারিং সম্পর্কে বিস্তারিত তথ্য জানতে হলে ০৮০০ ২৭৯ ৯৮৫০ নাম্বারে ফোন করতে অনুরোধ করা যাচ্ছে।

এছাড়া ফস্টারিং সম্পর্কে আগ্রহীদের জন্য আগামী ১২ মার্চ বৃহস্পতিবার বিকাল ৬টা থেকে ৮টা পর্যন্ত টাওয়ার হ্যামলেটস্ কাউন্সিলের টাউন হল মালবারি গ্রেসে (৫ ক্রোড ক্রিসেন্ট, ই১৪ ২বিজি) বিশেষ এক অনুষ্ঠানের আয়োজন করা হয়েছে। এই অনুষ্ঠানে যোগ দিয়ে তারা জেনে নিতে পারেন ফস্টারিং কেয়ারার হওয়ার নানা তথ্য।





## হোয়াইটচ্যাপল এলাকার উন্নয়নে মিলিয়ন পাউন্ড তহবিল

হোয়াইটচ্যাপল এলাকার উন্নয়নে অর্ধমিলিয়ন পাউন্ড প্রদানের কথা আনুষ্ঠানিকভাবে জানিয়েছে হ্রেটার লন্ডন অথরিটি (জিএলএ)। এই তহবিলের সমপরিমাণ আরো অর্ধ মিলিয়ন পাউন্ড বিনিয়োগ করবে টাওয়ার হ্যামলেটস কাউন্সিল। এই এক মিলিয়ন পাউন্ডের তহবিল দিয়ে হোয়াইটচ্যাপলকে ব্যবসার জন্য উপযোগী স্থান হিসেবে গড়ে তোলা হবে। বিস্তারিত পড়ুন নীচে-

WHITECHAPEL TO RECEIVE OVER £1 MILLION TO IMPROVE ITS HIGH STREET

## Harmony

## হোয়াইটচ্যাপল এলাকার উন্নয়নে মিলিয়ন পাউন্ড তহবিল

### Whitechapel to receive over £1 million to improve its high street

হোয়াইটচ্যাপল এলাকার উন্নয়নে অর্ধমিলিয়ন অর্থাৎ ৫ লাখ পাউন্ড প্রদানের কথা আনুষ্ঠানিকভাবে জানিয়েছে হ্রেটার লন্ডন অথরিটি (জিএলএ)। এই তহবিলের সমপরিমাণ আরো অর্ধ মিলিয়ন পাউন্ড বিনিয়োগ করবে টাওয়ার হ্যামলেটস কাউন্সিল।

হাই স্ট্রিট ফাড এবং টাওয়ার হ্যামলেটস কাউন্সিলের কাছ থেকে পাওয়া এই এক মিলিয়ন পাউন্ডের তহবিল দিয়ে হোয়াইটচ্যাপলকে ব্যবসার জন্য উপযোগী স্থান হিসেবে গড়ে তোলা হবে। স্থানীয় ব্যবসা-বাণিজ্যকে প্রয়োজনীয় সহায়তা প্রদান, খালি ও অব্যবহৃত পড়ে থাকা বিল্ডিংগুলোকে ব্যবহারের আওতা আনা, সামর্থ্যবীন ওয়ার্কস্পেস অর্থাৎ শ্রমী মূল্যে বাণিজ্যিক স্থানের ব্যবস্থা করা এবং এই এলাকায় আরো বিনিয়োগ আকৃষ্ট করার লক্ষ্যে এই তহবিল ব্যয় করা হবে। এর ফলে হোয়াইটচ্যাপল এলাকার অর্থনৈতিক প্রবৃদ্ধি অনেক বৃদ্ধি পাবে বলে আশা করা হচ্ছে।

মেয়র লুৎফুর রহমান বলেন, আগামী বছরগুলোতে হোয়াইটচ্যাপল এলাকায় বিপুল পরিবর্তন সাধিত হবে। দ্যা হোয়াইটচ্যাপল ভিশন



### Whitechapel Vision – artist's impression

মাস্টারপ্ল্যান এই এলাকার অর্থনৈতিক প্রবৃদ্ধি ও সমৃদ্ধি সুসংহত করতে কার্যকর ভূমিকা রাখবে। আজ (২ মার্চ) আমরা জিএলএ থেকে যে তহবিল পেলাম, তা দিয়ে স্থানীয় ব্যবসা বাণিজ্যের প্রসারে আরো অনেক সহায়তামূলক উদ্যোগ নেয়া যাবে।

এই অনুদান টাওয়ার হ্যামলেটস কাউন্সিলের এই এলাকার উন্নয়নের জন্য প্রণীত মাস্টারপ্ল্যান 'হোয়াইটচ্যাপল ভিশন' এর সাথে সম্পর্কিত

থাকবে। ২০১৮ সালে নতুন ক্রসরেল স্টেশন চালুর পর হোয়াইটচ্যাপল এলাকায় বিপুল প্রবৃদ্ধি ঘটবে বলে কাউন্সিল আশা করছে।

গত বছর এই হোয়াইটচ্যাপল ভিশন বাস্তবায়নের কাজ শুরু হয়। এই প্রকল্প বাস্তবায়নের সাথে জড়িত অংশিদারদের পাশাপাশি স্থানীয় ব্যবসায়ী ও বাসিন্দারাও এই উন্নয়ন প্রকল্পের ব্যাপারে যেমন খুবই উৎসাহি, তেমনি তারা এটাকে সর্বোত্তম সমর্থন করছেন।

এই প্রকল্প পরিকল্পনাটি গত ২০১৪ সালের নভেম্বর মাসে জাতীয় প্ল্যানিং এওয়ার্ড লাভ করে।

এই উন্নয়ন প্রকল্প পুরোপুরি বাস্তবায়িত হওয়ার পর হোয়াইটচ্যাপলে যে পরিবর্তনগুলো সাধিত হবে, তা হলো - পুরনো রয়েল লন্ডন হাসপাতাল সাইটে সর্বাধুনিক সিভিক হাব গড়ে তোলা হবে। ২০২৫ সালের মধ্যে ৩ হাজার ৫০০ নতুন ঘর নির্মিত হবে, যার মধ্যে অনেকগুলো থাকবে ফ্যামিলি ও এফোর্ডেবল হোম। ৫ হাজার নতুন চাকুরির সুযোগ সৃষ্টি হবে। হোয়াইটচ্যাপল রোড এর সামগ্রিক পরিবর্তন ঘটবে। ৭টি নতুন পাবলিক স্কোয়ার ও উন্মুক্ত স্থান গড়ে তোলা হবে। গড়ে উঠবে নতুন প্রাণোচ্ছল টাউন সেন্টার।

কেবিনেট মেম্বর ফর হাউজিং এন্ড ডেভেলপমেন্ট, কাউন্সিলর রাবিনা খান বলেন, লন্ডনের অন্যতম একটি আকর্ষণীয় ও সমৃদ্ধশালী জনপদ হিসেবে হোয়াইটচ্যাপলকে গড়ে তুলতে আমরা যে কাজ করে যাচ্ছি, তারই স্বীকৃতি হচ্ছে জিএলএ এর কাছ থেকে এই অনুদান লাভ। হোয়াইটচ্যাপল এলাকার এই উন্নয়ন প্রকল্পের সুফল যাতে স্থানীয় বাসিন্দারা লাভ করতে সক্ষম হন, তা নিশ্চিত করতে আমরা কাজ করে যাচ্ছি।

## ঐকতান

Send your Bengali and Somali news to Harmony, East End Life, Town Hall, 5 Clove Crescent, Poplar E14 2BG.

7364 4944

## কমিউনিটি প্ল্যান সম্পর্কে অভিমত

## দিতে বাসিন্দাদের প্রতি আহ্বান

### Community Plan consultation – 1049

বারার কমিউনিটি প্ল্যান ২০১৫ এ যে অগ্রাধিকারসমূহ ও রূপকল্প তুলে ধরা হয়েছে, সে সম্পর্কে অভিমত দেয়ার জন্য বারার বাসিন্দাদের প্রতি আহ্বান জানানো হয়েছে।

বারার সরকারী, বেসকারী ও স্বৈচ্ছাসেবী সেক্টরের সংস্থাগুলো কিভাবে সেবামূলক সার্ভিসসমূহ প্রদান করবে, সেই সব পন্থা ও কর্মপরিকল্পনা তুলে ধরা হয়েছে এই কমিউনিটি প্ল্যানে।

কমিউনিটির প্রিয় ও বহুল ব্যবহৃত অবকাঠামো-মোগুলো, জনপ্রিয় পার্ক ও উন্মুক্ত স্থান সমূহ এবং শিক্ষা ক্ষেত্রে অভূতপূর্ব সাফল্যের ধারাকে আরো সুসংহত ও এগিয়ে নেয়ার লক্ষ্য নিয়ে এই পরিকল্পনা তৈরী করা হয়েছে। এছাড়া আগামী তিন বছর বারা যেসকল চ্যালেঞ্জ মোকাবেলা করবে, তাও এখানে সন্নিবেশিত করা হয়েছে।

কেবিনেট মেম্বর ফর স্ট্র্যাটেজি, পলিসি এন্ড পারফরমেন্স, কাউন্সিলর আমিনুর খান এ প্রসঙ্গে বলেন, বাসিন্দাদের জন্য সেরা মানের সার্ভিস প্রদানের ক্ষেত্রে টাওয়ার হ্যামলেটসের রয়েছে

ব্যাপক সুনাম। স্বাস্থ্যসম্মত জীবন যাপনে উদ্বুদ্ধকরণ থেকে শুরু করে কর্মসংস্থানের সুযোগ বৃদ্ধিকরণ, আমাদের যৌথ কর্মকৌশল এটাই নিশ্চিত করবে যে আমরা ভালোভাবে সামনের দিকে এগিয়ে যাচ্ছি।

এই কমিউনিটি প্ল্যানে বারার যে ইস্যু-গুলোতে আরো অধিকতর দৃষ্টি দেয়া দরকার বলে সুপারিশ করা হয়েছে, সেগুলো হলোঃ বাসিন্দাদের ক্ষমতায়ন ও পারস্পরিক সম্পর্ক শক্তিশালীকরণ, স্বাস্থ্যসম্মত জীবন যাপনকে প্রমোট করা, কর্মসংস্থানের সুযোগ বাড়ানো এবং জনসংখ্যার ক্রমবৃদ্ধির বিষয়ে যথাযথ সাড়া দান।

কমিউনিটি প্ল্যান সম্পর্কে অভিমত প্রদান করতে [www.towerhamlets.gov.uk/comunityplan](http://www.towerhamlets.gov.uk/comunityplan) এই ওয়েবসাইট ভিজিট করতে অনুরোধ করা হয়েছে। অভিমত দেয়ার শেষ সময় হচ্ছে ২০ মার্চ। যদি প্ল্যানের কপি ডাউনলোড করতে না পারেন এবং মূদ্রিত কপি পেতে চান তাহলে ০২০ ৭৩৬৪ ২২৬০ নাম্বারে ফোন করে মার্ক কেয়ারনস্ এর সাথে যোগাযোগ করুন।



Volunteers were presented with their certificates

## প্যারেন্টাল সাপোর্টার হিসেবে গ্রেজুয়েট হলেন ১২ জন স্বৈচ্ছাসেবী

### Volunteers help families through the SEND process

যদি আপনাকে বলা হয় যে আপনার সন্তানের স্পেশাল এডুকেশনাল নিডস বা বিশেষ শিক্ষাগত সহযোগিতার প্রয়োজন রয়েছে, তাহলে আপনি কী করবেন? আপনি কি জানেন টাওয়ার হ্যামলেটস বারায় এ ব্যাপারে কী ধরনের সাহায্য পাওয়া যায়? আপনার বাচ্চার স্কুলে তার জন্য কী ধরনের বিশেষ ব্যবস্থা নেয়া হয় কিংবা একই ধরনের অভিভাবকদের সাথে কোথায় দেখা করা যাবে - তা কী আপনার জানা আছে?

এই ধরনের পরিস্থিতিতে যারা পড়েছেন, বারা সেই সব পরিবারকে সাহায্য করার জন্য ১২ জন স্বৈচ্ছাসেবীকে নিয়োগ দেয়া হয়েছে।

টাওয়ার হ্যামলেটসে কাউন্সিলের প্যারেন্ট এডভাইস সেন্টারের উদ্যোগে আয়োজিত ১২

সপ্তাহের কর্মশালায় অংশ নিয়ে এই ১২ জন প্যারেন্টাল সাপোর্টার হিসেবে গ্রেজুয়েট হয়েছেন। ২৭ ফেব্রুয়ারী গ্রেটরেক্স স্ট্রিটে অবস্থিত প্যারেন্ট এডভাইস সেন্টারে আয়োজিত অনুষ্ঠানে তাদের মধ্যে সার্টিফিকেট বিতরণ করা হয়। প্রশিক্ষণ লাভকারীরা এখন থেকে স্পেশাল এডুকেশনাল নিডস এন্ড ডিজবিলিটিজ (সেড) রয়েছে এমন শিশু ও কিশোরদের ও তাদের পরিবার কোথায় কী ধরনের সাহায্য সহযোগিতা পাবেন, তা দিয়ে সহায়তা করবেন।

টাওয়ার হ্যামলেটসের মেয়র, লুৎফুর রহমান বলেন, এই বারার জনগণ একজন অপরজনকে সাহায্য করে থাকে এবং এই স্বৈচ্ছাসেবীরা মানুষের কল্যাণে আত্মনিয়োগ করার

সুমহান চেতনাকেই তুলে ধরলেন। কেবিনেট মেম্বর ফর এডুকেশন এন্ড চিলড্রেন সার্ভিসেস, কাউন্সিলর গোলাম রব্বানী বলেন, স্বতন্ত্র প্যারেন্টাল সাপোর্টার হিসেবে যারা প্রশিক্ষণ লাভ করলেন, তাদেরকে আমরা ধন্যবাদ জানাচ্ছি। সেড সার্ভিসকে আরো সম্প্রসারণ করে একটু বয়স্কদেরও এতে অন্তর্ভুক্ত করার সিদ্ধান্তকে আমরা স্বাগত জানাই, যদিও এর ফলে সার্ভিসের ওপর অতিরিক্ত চাপ পড়বে।

তিনি বলেন, বারার সকলেই যাতে তাদের প্রয়োজনীয় সব ধরনের সহায়তামূলক সার্ভিস পেতে পারেন, তা নিশ্চিত করতে এই ইন্ডিপেন্ডেন্ট প্যারেন্টাল সাপোর্টারের ভূমিকা খুবই গুরুত্বপূর্ণ।

ESSEX'S NEWEST & MOST ENCHANTING WEDDING VENUE



# ARIANA GARDENS

Ivy Barn Lane, Margaretting, Chelmsford, Essex, CM4 0EW  
A12, Junction 14

Licensed for Civil Ceremonies • Private Garden  
On-site parking for over 300 cars • Bar Area  
Air Conditioned • Seating for 600 guests  
Catering Service Available • Bride's Room • Kitchen  
Full Segregation Available • Full Disabled Access

Contact us for more information  
**01277 356 108**

Milon - 07545 881 924 | Thufayel 07956 237 128  
Info@arianagardens.co.uk

**www.arianagardens.co.uk**

Part of the Ariana Group



Residents and visitors are being invited to celebrate the many flavours of **Carmen Valino** for their own taste of the delicious dishes available, and

**EVERYONE** knows that Brick Lane is famous for its food. You only need to walk down the road and you'll be hit by an array of different, tantalising smells.

Eat and tweet your way through the variety of menus – you'll find many exclusive discounts and offers from restaurants taking part in Taste Brick Lane month.

Meanwhile, here is Sam's guide of the foods on offer.

**A is for avocado**

Avocado is a refreshing fruit that is the basis of a huge amount of Mexican food. At **Loco Mojito**, you can enjoy avocado on a lot of your meals, especially in the thick and delicious cooling guacamole dip that goes great with nachos.

**B is for beigel**

There are two beigel shops on Brick Lane: **Beigel Bake** and **Beigel Shop**. Close to each other, they are hugely competitive. Which one is better depends very much on who you ask – but both are hugely popular with late-night revellers for their baked goods, including fillings of salt beef and smoked salmon.

**C is for cereal**

**Cereal Killer Café** opened late last year and is the first ever café in the UK to sell cereal – and nothing but cereal. It sells more than 120 different types from all around the world. In the café, you can choose from over 30 different varieties of milk and 20 different toppings.

**D is for dhal**

Dhal, or dal, is a staple of South Asian food. This spicy soup, made with pulses, is fantastic accompanied with a bed of rice. You'll find it in a number of restaurants up and down Brick Lane. A fantastic source of protein, this healthy dish will leave you with a full tummy and a smile on your face.

**E is for espresso**

If you're looking for a kick of caffeine, then Brick Lane is your place. There are more coffee shops than you can shake a stick at



pop to **Kahaila**.

**F is for falafel**

Falafel is a Middle Eastern deep-fried ball made from ground chickpeas. Syrian-

# The A to Z of food

(Right) Intrepid reporter Sam tucks into a beigel – all in the name of research



Lebanese restaurant **Damascu Bite** does a delicious falafel wrap that will fill you up and give you that energy boost to hit the shops and browse through all the goodies.

**G is for Ghanaian chocolate**

The owners of **Dark Sugars** head to Ghana regularly to harvest cocoa beans and turn them into truffles and chocolates that will lure you in with their delicious smells. With everything made on site, this is the perfect place to buy chocolates for your loved ones – because they're truly made with love.

**H is for hummus**

Hummus (or houmous) has gone global in recent years – and you'll find it difficult to go to any trendy restaurant these days without finding breads and hummus as a starter. The Levantine food dip is made from cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice and garlic. **Damascu Bite** serves it splendidly and it makes for a great addition to any dish.

**I is for ice cream**

**Fiza** (not to be confused with Fika) serves a wide range of ice creams, sorbets and milkshakes for those of you who have a real sweet tooth. It'll definitely give you a sugar rush!

**J is for jalfrezi**

In a survey in 2011, jalfrezi was rated the most popular dish in UK Indian restaurants. Frying meats, vegetables or fish in spices and oil, the jalfrezi's thick sauce can be anywhere from insanely hot to a mild medium. Make sure you ask at the restaurant if you're sensitive to spice. A jalfrezi will be available in most Indian and Bangladeshi restaurants on Brick Lane, but try a few different restaurants before you pick your favourite.

**K is for katsu curry**

**Danji Kitchen** serves this Japanese cuisine that has been made popular by the larger restaurant chains. Traditionally, this curry will constitute a breaded, deep-fried piece of either pork or chicken, and will be covered in a delicious curry sauce.

**L is for lime pickle**

The accompaniment to lots of South Asian dishes, lime pickle has a fiery kick to it. Dip some poppadoms into it and make sure you have a large glass of water (or a lassi) handy. You can get this in most Indian and Bangladeshi restaurants, so take your pick!

**M is for meatballs**

When you say Swedish meatballs most people think of Ikea. But hip restaurant and

café **FIKA** on Brick Lane offers some mouth-watering meatballs, served on a bed of mash and red wine sauce. Perfect with some elderflower and apple juice.



**N is for naan**

Naans are the perfect way to mop up a saucy curry. Found in cuisines across west, central and south Asia, the naan's origins are a mystery. Many believe that they were first baked in India, since the tandoori oven originated there. Whatever its origins, you can find this delicious bread in restaurants up and down Brick Lane.

**O is for okra masala**

Okra masala, or bhindi masala as it is known in South Asia, is a simple and mouthwatering dish that can be found in a huge number of restaurants down Brick Lane. Perfect with a chapatti.



s of Brick Lane throughout March. **Sam Gough** joined photographer and have come up with a smorgasbord of foods you can find...

# Head down Brick Lane



(From left) Brick Lane favourites Kahaila, Chez Elles and Beigel Bake

## X is for XL burger

This one is a bit of a long shot (how many foods can you think of that begin with an X?), but Brick Lane certainly does have a number of extra-large burgers on hand for you. Whether they're on the barbecue outside **Café 1001**, perfect on a summer evening, or in **All Star Lanes** while you bowl away the winter blues, these burgers will fill you up!

## Y is for yum yums

These delectable doughnuts (with a twist) are arguably just as yummy as they sound. Great with a hot chocolate, a cup of tea, or a cappuccino, they'll leave you with a smile on your face.

## Z is for zeera

Zeera is affectionately known as the king of kebabs in India. Many will argue that this is the tastiest way to barbecue a meat – marinating it in a mixture of cheese, malt vinegar, ginger, garlic paste, cream, spinach and Indian herbs, and cooked in a tandoor. **Saffron** on Brick Lane does a mean one. Well worth a taste!



(From left) Meaty treats at Cafe 1001; baking fresh naan bread at Masalas; salt beef beigel from Beigel Shop

## P is for piri-piri

Piri-piri is the Swahili word for 'pepper, pepper'. A member of the capsicum family grown across Africa, it is great with some flame-roasted chicken. **Pepe's Piri Piri** is the place to go to get your fix.

## Q is for quiche

A favourite among British picnickers, this savoury delight combines egg, pastry and cheese. For a cracking quiche, head to **Pretty Cuppa** – who will also sort you out a tasty cake!



## S is for steak

**Moo Cantina Argentina** serves this South American country's favourite dish: steak. Rare, medium or even well done, enjoy this tasty food, have a nice glass of Malbec from Mendoza, and enjoy the Argentinian hospitality. A great dining experience.

## T is for tom yam

The words 'tom yam' are derived from two Thai words. 'Tom' refers to the boiling process, while 'yam' refers to a spicy and sour salad. Thus, 'tom yam' is a hot and sour soup. Characterised by its distinct hot and sour flavours, with fragrant herbs generously used in the broth. If this is making you salivate, then check out **Kinkao Thai Restaurant**.

– **Chez Elles!** What could be more French than a veal tenderloin, with cream and mushroom sauce, and sautéed potatoes? We're not quite sure. But packed full of taste, and perfect with a glass of French wine, if you close your eyes you could almost think you were dining on the streets of Paris.

## W is for waffles

Brick Lane Market has a wonderful **waffle stand**. Bananas, chocolate, strawberries, cream; whatever you want on your waffle, you'll be able to find it.



## Eat and tweet your way to a discount

Throughout March, head down to Brick Lane, eat some of the yummy dishes on offer, tell others on social media or in a message about it using #tastebriklane, and reap the benefits of exclusive discounts and offers.

The best images and Tweets will also be in with a chance of winning an iPad.

Find out more at [www.towerhamlets.gov.uk/bricklane](http://www.towerhamlets.gov.uk/bricklane)

## U is for urad laddoo

Urad laddoo is a delicious Indian sweet – one of many that you can find in the assorted Indian sweet confectionaries up and down Brick Lane. Other famous sweets include the deep-fried jalebi, or the syrupy sweet gulab jamun.

## V is for veal

Calling all Francophiles! Brick Lane now has a French restaurant





# Captivating drama

John Fowles' tale of captivity, obsession and manipulation will force you to join a dark and twisted game of sides.

SEE BELOW



# An evening with a cello fellow

Virtuoso cellist Leonard Elschenbroich returns to St Anne's Limehouse for a performance of Prokofiev's Sinfonia Concertante for Cello and Orchestra this week.

SEE DETAILS BELOW

## Out & about guide

### Kids

#### Ballet for children

Every Thurs. Ages 2 fh-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm. Alpha Grove Community Centre, Isle of Dogs, E14. [nina.monteiro@hotmail.com](mailto:nina.monteiro@hotmail.com)

#### Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm. Tower Project, 45-55 White Horse Road, E1. [naima@towerproject.org.uk](mailto:naima@towerproject.org.uk) 7790 9085

#### Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs. Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions. Chisenhale Dance Space, 64-84 Chisenhale Road, E3 8981 6617

#### Rhyme time

Thurs, 2-3 pm. Watney Market Library, 30-32 Watney Market, E1. 7790 4039

#### Young & talented?

Performing arts for 6-to 16-year olds. Sats, 10.30am- 1.30pm, term-time. Oxford House, Derbyshire Street, E2. 8556 5348

### Parent & child

#### Dance play

Dance and movement, songs and rhymes for parents/carers and their children aged 1-5 years. Weds, 10.30-11.30am, term-time only. Cost £2 per child (in adv) or £3.50 drop-in rate, discounts available. Language of Dance Trust, Oxford House,

Derbyshire Street, E2.

7749 1131  
[info@lodc.org](mailto:info@lodc.org)

#### Toyhouse library

Mons, 1.30-3.30pm, Halley Primary School, Halley Street, E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

#### Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling. 07958 645978 [www.clareday-yoga.co.uk](http://www.clareday-yoga.co.uk)

### Social

#### 3 Bees Café

Healthy vegetarian and fish dishes, for just £3, takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

#### Birchfield OAPs club

Mon-Fri, 7-9.30pm; Weds, 1-4pm 50 Saltwell Street, E14.

#### Globe Town bingo club

Pensioners group with bingo and social activities. Thursdays, doors open 12pm. Bingo 2-4pm. Globe Town Community Centre, Bullards Place, E2. 07939 965141

## What's on where this week....

#### Framed

CROSS-LONDON two-week exhibition taking place in 'shop window take-overs' showcasing 40-plus young artists and photographers. Venues include Eastenders Pie 'n' Mash, 171 East India Dock Road, E14; Aberfeldy Centre, Aberfeldy Street, E14, and Slate Coffee House, 96 Curtain Road, EC2. From Mar 2.

<https://somewhere.to.com/framed>

Right: an image by Patataj



### Drama workshops

Series of five workshops with actor and storyteller Rez Kabir as part of Shanghati Literary Society's Combatting Prejudice project. Free. Lab 4, Idea Store Whitechapel, 321 Whitechapel Road, E1. [shanghati@yahoo.co.uk](mailto:shanghati@yahoo.co.uk)

### Exhibitions

#### Cornelius McCarthy

Retrospective of paintings by the Stepney-born artist. McCarthy's landscapes of the post-war East End and portraits of the male form explored the topics of sexual identity and ideological struggle in Britain. Until May 27.

Tower Hamlets Local History Library, 277 Bancroft Road, E1. [www.ideastore.co.uk](http://www.ideastore.co.uk)

#### Body is a Temple

Drawings and paintings of the human form by five artists. Until Mar 20. Daily 9am-8pm. 504 Gallery, 504 Roman Road, E3. [504galleryroom@gmail.com](mailto:504galleryroom@gmail.com)

### Music

#### Rodeo

Docklands Sinfonia concert with guest cellist Leonard Elschenbroich. The programme includes Prokofiev's Sinfonia Concertante and Copland's Four Dance Episode from Rodeo. £15 on door, £12 in adv, £10 concs.

Fri, Mar 13. 7.30pm. St Anne's Limehouse, Three Colt Street, E14. [www.docklandssinfonia.co.uk](http://www.docklandssinfonia.co.uk)

#### La Boheme

English Touring Opera's production of Puccini's opera performed in full costume. Fri & Sat, Mar 13 & 14. 7.30pm. ETO also perform The Wild Man of the West Indies. Thurs, Mar 12. 7.30pm. Tickets £10 to £33 with concessions. Hackney Empire, Mare Street, E8. 8985 2424

### Theatre

#### Up, Up and Away

A cast of 12 from Rose Bruford College drama school play music and sing. For ages 3-7. Tues-Sat, Mar 10-14. Half Moon Theatre, 43 White Horse Road, E1. 7709 8900 [www.halfmoon.org.uk](http://www.halfmoon.org.uk)

#### Antigone

A modern take on Sophocles' Greek play by Roy Williams. £8-£22.50. Until Sat, Mar 14. 8534 0310 [www.stratfordeast.com](http://www.stratfordeast.com)

#### The Collector

Adapted from John Fowles' novel about an entomologist who develops an obsession with a woman and wants to add her to his 'collection'. Tickets £12/£10. Until Sat, Mar 14. 7.30pm. The Space, 269 Westfery Road, E14. 7515 7799 [www.space.org.uk](http://www.space.org.uk)

**Breathing Space** at the London Buddhist Centre in Bethnal Green teaches Mindfulness Based Approaches to prevent relapse into depression and addiction, and to manage stress and anxiety. Our courses and retreats are run in a beautiful self-contained space at the London Buddhist Centre, and at a picturesque retreat centre in the Sussex countryside. They are not Buddhist activities and you do not need to be a Buddhist to come on them.

## Mindfulness courses and retreats

### Stay Free from Depression

8-week course in Mindfulness Based Cognitive Therapy (MBCT)

● Friday day time from Apr 03 to May 22 2015, 2:30 5:00pm ● Full cost £190 concession £140

### Stay Free from Stress

8-week course in Mindfulness Based Stress Reduction (MBSR)

● Monday day time from Apr 06 to May 25 2015, 2:30 5:00pm ● Full cost £190 concession £140

### Stay Free from Depression

8-week course in Mindfulness Based Cognitive Therapy (MBCT)

● Monday evenings from Apr 13 to June 01 2015, 7:15pm - 9:45pm ● Full cost £190 concession £140

To apply or get more information visit [www.breathingspacelondon.org.uk](http://www.breathingspacelondon.org.uk) or call 020 8981 1225

breathing  
space







## Field Day music mix success

Back for an 8th successive year, Field Day mixes established international acts with up-and-coming artists and each year has sold out quickly ahead of the event.

[WWW.FIELDDAYFESTIVALS.COM](http://WWW.FIELDDAYFESTIVALS.COM)



## Air of mystery

Gill Ord's paintings have been described as "mysterious landscapes".

SEE BELOW

### Out & About

# Royal slang and swagger

★★★★☆

**ROY Williams' adaptation of classic Greek tragedy Antigone has strutted on to the stage of Royal Stratford East with convincing swagger.**

The setting of Thebes has been updated to portray a modern day urban environment ravaged by gang war, where one man's word is law and to defy him is a death sentence.

That man is the self-appointed king Creon, played with conviction and power by Mark Monero.

The believability of Monero's presence and danger are central to balancing the play, and this is aided by

strong supporting cast performances, particularly from Gamba Cole as Creon's trapped son Eamon and Sean Sagar as a brash soldier who provides welcome occasional comic relief. The cast make the most of some snappy dialogue, which fuses contemporary slang of London with a smattering of Shakespearian phrasing.

The production also cleverly utilises live and delayed camera feeds to bring additional life to the granite and steel backdrop of the stage.

This is a strong and welcome return for Roy Williams to the Royal Stratford East.

Antigone runs until March 14. For tickets visit [stratfordeast.com](http://stratfordeast.com)

By Keith Mahon



Gamba Cole and Savannah Gordon Liburd in the Antigone production

### News in brief

#### Telling tales

THE Tell Tales Festival 2015 returns to Rich Mix for a fourth successive year bringing a programme of short performances spanning all art forms.

Running between March 13 and 15, audiences can see music, poetry, storytelling, dance and a variety of other physical performances.

Rich Mix is at 35-47 Bethnal Green Road, E1.

Tickets cost £10 and can be purchased from [richmix.org.uk](http://richmix.org.uk)

#### Cello virtuoso

INTERNATIONAL cello virtuoso Leonard Elschenbroich will perform on March 13 with Docklands Sinfonia at St Anne's Church in Limehouse.

The concert will feature music from Aaron Copland's ballet Rodeo and will also promote the work of young British composer Jesse Bescoby. Tickets are £12.

St Anne's is at 5 Newell Street, E14. For more information visit [docklandssinfonia.co.uk](http://docklandssinfonia.co.uk)

#### Up, Up and Away

HALF Moon Theatre will run a 12-show production for young people aged 3-7 from March 10 to 14.

Up, Up and Away was developed in collaboration with renowned drama school Rose Bruford and the show will feature live singing and music.

The Half Moon is at 43 White Horse Road, Stepney.

Tickets can be booked from [www.halfmoon.org.uk](http://www.halfmoon.org.uk) and cost £6.

#### Geffrye wins grant

THE Geffrye Museum has been given a £500,000 grant from the Arts Council.

The funding, from its museum resilience fund, will support a two-year programme at the Geffrye which includes commercial development, encouraging support and developing its collections.

David Dewing, director of the museum in Kingland Road, E2, said: "The grant will help us meet the challenges of the tough economic climate."

BY KEITH MAHON

**THE final line-up for Field Day Festival in Victoria Park this summer has been announced and includes some of the biggest acts to play at the event to date.**

Back in Tower Hamlets for an 8th successive year, Field Day mixes established international acts with up and coming artists and each year has sold out quickly ahead of the event. The festival caters to a diverse range of musical tastes, from 1970s American punk rock to London's best grime and hip-hop producers and everything in between.

The opening day of the festival features several rising stars with acclaimed outputs in the last 12 months. Headlining on Saturday is electronic composer Caribou, whose 2014 album 'Our Love' was at the top end of many best of year lists. Also not to be missed are the Mercury Prize nominee FKA Twig, and the unique lyrical styles of American hip-hop duo Run the Jewels.

Although the Sunday programme will have fewer acts than Saturday, the

# Patti Smith headlines Vicky Park Field Day

line-up features many performances from household names. Top of the bill will be influential 90s rockers Ride, reforming for the first time since 1996 for a world tour which finishes at Field Day. Other standout acts include former Supergrass frontman Gaz Coombes with songs from his second solo album, Matador, and rock royalty Patti Smith performing her 1975 punk classic Horses.

Field Day takes place on the weekend of June 6-7 in Victoria Park. Tickets start from £38.50, with a ticket for entry on both days at £83. For tickets sales and information on the full line-up, visit [fielddayfestivals.com](http://fielddayfestivals.com)

(Right) Patti Smith tops the bill at

Field Day Photo: Edward Mapplethorpe



BRITISH artist Gill Ord brings a series of paintings recording the subterranean spaces, excavations and crypts of Rome to studio1.1, 57 Redchurch Street, E2. From October to December 2014



Ord was in receipt of an Abbey Fellowship in Painting at the British School at Rome and used her time in the Eternal City to develop this collection. Ord painted smaller works while actually in the underground spaces and then used these works to influence much larger paintings of the scenes. Sotterraneo by Gill Ord runs until March 29. For details visit [studio1-1.co.uk](http://studio1-1.co.uk)



# CITY GATEWAY

Are you aged 16-24?

Do you want the skills and qualifications employers need?

We offer **free training** and **Apprenticeships**.

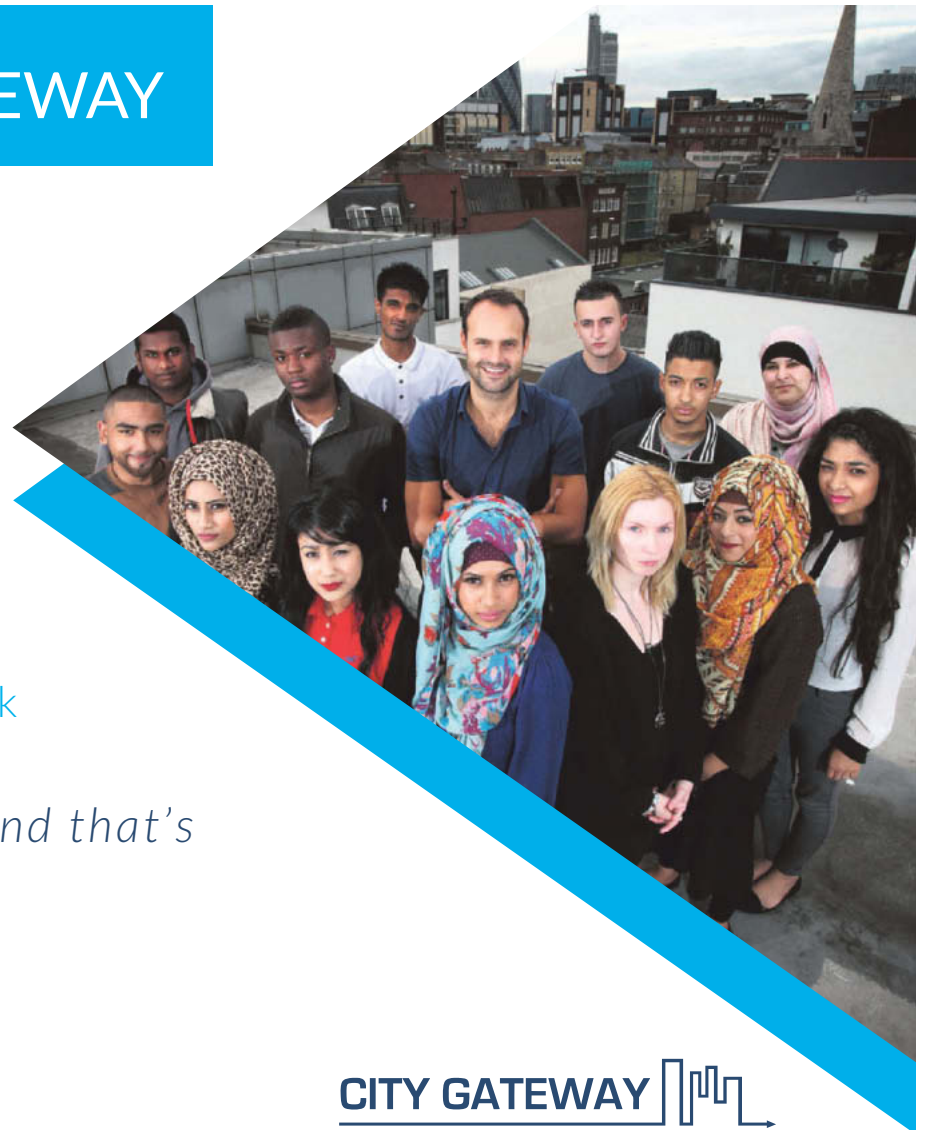
For more information visit [training.citygateway.org.uk](http://training.citygateway.org.uk)

*'Getting your foot in the door is priceless and that's what City Gateway did for me'*

**Zan Mahmood – Ex student**



**CITY GATEWAY**



## Tower Hamlets Spring Tea Dance

**The Troxy | Thursday 19th March 2015 | 1pm – 5pm**  
**490 Commercial Road, London E1 0HX**

The Mayor of Tower Hamlets, Lutfur Rahman would like to invite older residents to shake off those winter blues at a Spring Tea Dance on Thursday 19th March.

Entrance is free, but tickets need to be booked. Tickets are available from the following organisations:

**Age UK:** 82 Russia Lane, E2 9LU  
**Appian Court Resource Centre:** 87 Parnell Road,  
Bow, E3 Tel: 020 7392 2968  
**St Hilda's Organisation:** St Hilda's,  
18 Club Row, E2 7EY  
**Sonali Gardens:** 18 Sutton Street, E1 1AG  
Tel: 020 7739 8066

**The Peabody Organisation:** Sundial Centre,  
11 Shipton Street, Bethnal Green, E2 7RU  
**Neighbours In Poplar:** St Matthias Community Centre,  
113 Poplar High St, Poplar, E14 0AE  
Tel: 020 7987 0257  
**Wellbeing Centre:** Toynbee Hall,  
28 Commercial Street, E1 6LS

**Or contact Hasina Begum on 020 7364 2248 for a ticket.**



**MAYOR OF  
TOWER HAMLETS**





## Wasting food hits your pocket

Love Food Hate Waste provides recipes for using up leftovers and handy tips and advice to help us waste less food. Wasting food costs the average family with children around £680 a year.

[WWW.LOVEFOODHATEWASTE.COM](http://WWW.LOVEFOODHATEWASTE.COM)

## Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

**CALL OUR ADS TEAM ON 7364 4940**

Eating out, eating in

# A fine kettle of fish

## New Street eatery serves up taste of the sea

BY GORDON BLUE

**NEW** Street has obviously been going through a bit of a transformation while I've been distracted sniffing round the new joints in Shoreditch and its surrounding enclaves.

There's a wine bar and shop, and several new eateries popped up in this street alone. Although Shoreditch and the City area are neighbours, the clientele generally couldn't be more different, so I braced myself for suits, formality and buy-low-sell-high chatter.

I was pleasantly surprised to step into a light and breezy environment: all blonde driftwood and seascape colours, with an accent of smartness through copper fittings and fixtures.

The first thing to note is the restaurant long bar. I'm always a hair's breadth away from pole-vaulting any bar and re-enacting a choreographed scene from Cocktail, probably ending with a knee slide and a crescendo of smashing glassware.

But I'm not allowed – and the silver fox already has one eye on



Seascape colours and fine seafood at Fish Market

my conduct before I even touch a drop of alcohol.

The menu is sumptuous and as we peruse and take in our intimate surroundings, crusty sourdough bread and sea salt crystallised butter is delivered alongside a carafe of water.

The set menu of two courses for £16.50 is a billy bargain and no portion size scrimping seemed to have occurred. The starter of cured salmon was

delicate, fresh and heavenly washed down with a decent Chablis. A great start.

My goat's cheese salad was glorious in its earthiness, offset with pomegranate and a punchy dressing.

Main of gilt-head bream was cooked to perfection; succulent and dense in flesh. The sea trout was served in a paupiette (which the silver fox tried to eat until I explained in horror that

it's a cooking method rather than an accompaniment), bulked up with seasonal pink fir potatoes.

Fish can be quite technical, with a small window to cook to perfection or risk under-cooked wobbly flesh or toughening overcooking. Ours was perfect and the buttery sauces just added to the succulence.

If you love fish you'll be overwhelmed by the choice. There's a daily fresh fish menu (all from neighbourhood favourite Billingsgate) where you choose your weight, and as much fruit de mer as you can throw a langoustine at.

Sated, we left the pudding menu to one side for once, and made the hop-skip-and-jump journey to Liverpool Street station to travel home happy and excited at yet another new area to explore.

An added bonus, particularly for the summer months, is a large terrace with formal seating and heaters.

Two ate two courses washed down with a fine Chablis for £65, including service charge.

**Fish Market is at 16b New Street, EC2. Tel: 3503 0790.**

## Full of beans...

**THIS** month's recipe comes from the Love Food Hate Waste website.

This is a really hearty stew that you can make for pennies. You can also add any other vegetables you've got lurking such as frozen peas, peppers, or tomatoes.

Had a Sunday roast? Add in

leftover cooked meat too if you prefer a bit more protein.

If you have a recipe to suggest using leftovers or tips about reducing the amount of food we throw away, you could win £50 worth of shopping vouchers!

Email your offerings to **recycling@towerhamlets.gov.uk**



### Beanie onion stew – serves 4

#### Ingredients

2 tbsps vegetable oil  
1 large onion, peeled and chopped  
1 tsp mixed herbs  
1 tsp chilli powder  
1 tsp cumin  
1 tsp ground coriander  
400g leftover veg (broccoli,

cauliflower, peppers, potatoes and carrots for instance)  
400g can beans: cannellini, haricot or chick peas  
400g can chopped tomatoes  
Handful of fresh, torn-up coriander  
Chunky bread rolls to serve

#### Method

- Put the oil in a big pan on a medium heat – add the onions and cook until they turn soft and golden.
- Add the mixed herbs, cumin, chilli and ground coriander, then stir.
- Add the beans, tomatoes and leftover veg. Stir and leave to simmer for 20 minutes.
- Serve your stew with a handful of torn-up fresh coriander on top and a chunky bread roll and butter.

## GIVE YOUR SKIN A TREAT!



To book a FREE patch test call **0207 488 1988** or [www.premierlaserclinic.co.uk](http://www.premierlaserclinic.co.uk)  
34 Commercial Road, Aldgate East, London, E1 1LN

### Laser Hair Removal

Permanent laser hair reduction for both men and women

Highly effective on dark and asian skin

Top 5 London Laser Skin Clinic

Summer  
Special

Upto  
**67%**  
off selected  
packages

### Skin Lightening



Highly effective treatment for skin pigmentation and uneven skin tone

Experienced Skin Specialists

### Antiwrinkle Injections

Experienced fully qualified doctors

Safety Guarantee

Get rid of unsightly wrinkles.



### Acne Treatments



Safe and exceptional resurfacing skin peel.

Smoother & healthier looking skin



# Sleepless Nights?

**Not any more!**

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!

**HUGE SELECTION OF**  
•BEDS •MATTRESSES  
•BEDFRAMES •SOFAS  
•WARDROBES •DINING  
TABLES •CHEST OF  
DRAWERS IN  
STOCK NOW!

**FAST DELIVERY**  
OR YOU CAN COLLECT TODAY!

CALL OUR HOTLINES **Now!** **020 7377 2695**  
**020 7247 1581**

[www.happynightmares.co.uk](http://www.happynightmares.co.uk)

**All types and sizes of MATTRESSES**  
in stock now!

- Orthopaedic •Open Coil •Pocketsprung •Memory Foam •Pillow Top •Special Sizes •Made to Measure



**All types and sizes of DIVAN BEDS**  
in stock now!

**Great Prices!**



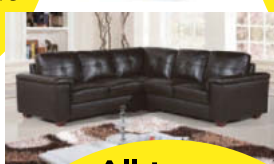
**All types and sizes of BEDFRAMES**  
in stock now!

- Metal •Leather •Fabric Wood •Traditional & Modern Designs



**All types and sizes of SOFAS**  
in stock now!

- 2 Seaters •3 Seaters •Corner Sofas •Recliners



**All types and sizes of BUNK BEDS**  
in stock now!

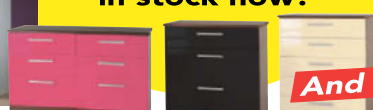
- Doubles •Triples •Wood •Metal



**All types and sizes of WARDROBES**  
in stock now!



**All types and sizes of CHEST OF DRAWERS**  
in stock now!



**All types and sizes of TABLES, CHAIRS & DINING ROOM FURNITURE**

**And much, much more!**



**FAST**  
NEXT DAY DELIVERY  
OR COLLECT FROM STOCK

[www.happynightmares.co.uk](http://www.happynightmares.co.uk)

BUY NOW ONLINE OR OVER THE PHONE

**020 7377 2695**

OR VISIT ONE OF OUR WAREHOUSES

**LONDON**

**HARLOW**

**020 7247 1581**

**01279 422212**

Unit 67/68 Vallance Road,

Unit C, St James Centre,

Whitechapel, London E1 5BW

East Road, Harlow CM20 2SX

OPEN 7 DAY A WEEK

(Behind the Range)

EASY PARKING



*Three Sisters Care*  
Choice, Compassion, Community

**020 7790 6057**

We provide care services for the elderly and for young adults across London and Essex. We support both Direct Payment customers and self-funding, private customers - most competitive prices in London.



Personal Care  
Washing  
Dressing  
Domestic  
Cooking  
Shopping  
Outings  
Hobbies  
Escorting



Specialist Healthcare:  
End of life care  
Dementia  
Parkinson's  
Autism



Winner of 'Social Enterprise of the Year' at the Precious Awards in October 2014, presented by Doug Richard from TV's Dragon's Den. This was in recognition of our work to support unemployed local women into employment.

[www.threesisterscare.co.uk](http://www.threesisterscare.co.uk)



St George's Town Hall  
236 Cable Street  
London E1 0BL

**CAPITAL SQUARE**  
[www.capital-square.co.uk](http://www.capital-square.co.uk) **020 7247 2640**



**SELL OR LET YOUR PROPERTY FROM**

**£199\***

**SALES LETTINGS MANAGEMENT**

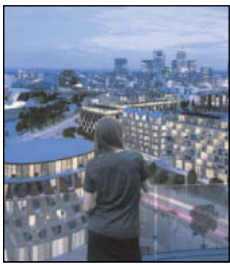
CALL US TODAY FOR MORE INFORMATION

38 Commercial Street  
Spitalfields  
London  
E1 6LP



\* Terms and Conditions apply





## Olympic regeneration continues

East Wick will include up to 850 new homes, a primary school and two nurseries in the north west of the park. Sweetwater will provide up to 650 new homes in the south west of the park.

## On your side

The Consumer Council for Water was set up in 2005 to represent water consumers in England and Wales.

[WWW.CCWATER.ORG.UK](http://WWW.CCWATER.ORG.UK)

### Property



A computer generated image of how the development will look

# Sweetwater builder chosen

BY JESSICA ODUBAYO

**PLANS for up to 1,500 new homes, with up to 30 per cent affordable and 500 private homes to rent on Queen Elizabeth Olympic Park, have been announced six years ahead of the schedule set out in the original masterplan.**

The Mayor of London and the London Legacy Development Corporation announced that Places for People and Balfour Beatty have been appointed to bring forward plans for two new developments.

The contractors were selected from a shortlist of six teams and will work on developing the neighbourhoods of East Wick and Sweetwater with a view to completion in 2023.

East Wick will create up to 850 new homes and is located in the north west of the park. It will include townhouses, mews, studios and flats, a new primary school and two new nurseries. Sweetwater will provide up to 650 new homes and is located in the southwest of the park near Old Ford, Bow and the Copper Box Arena.

It includes studios, apartments and family homes with private gardens, a

new primary school, two new nurseries and a health centre. Both new neighbourhoods will include purpose built homes to rent. There will also be opportunities for independent shops and businesses as part of developing thriving new neighbourhoods.

The Mayor of London, Boris Johnson, said: "This is the most successful and fastest growing city anywhere in Europe, and it is absolutely vital we provide thousands of new houses to allow people to live close to their places of work.

"I am thrilled to confirm we have now appointed high-quality develop-

ers to help bring forward plans for these important new neighbourhoods on our iconic Queen Elizabeth Olympic Park, a whopping six years ahead of target."

David Goldstone, chief executive London Legacy Development Corporation, said: "We are delighted by the high quality of the bid from Places for People and Balfour Beatty, which offers exciting opportunities for local people, businesses and the park.

"East Wick and Sweetwater will exemplify the best of London's residential architecture and we hope it can provide a model for speeding up delivery across London."

## Tips to help you turn the tide on high water bills

**AS water bills begin to land on doormats across the country, households are being urged by the Consumer Council for Water (CCWater) to soak up every opportunity to save money.**

Dame Yve Buckland, chair of CCWater, said: "Every day that goes by can mean more hard-earned money down the drain.

"That's why we're urging everyone to take time to read through our top tips – some could shave more than £100 a year off a customer's bill."

### Have a free water meter fitted

As a general rule of thumb, if there are more bedrooms in your home than occupants it is certainly worth checking if you might benefit from a meter.

### Apply for help if you are struggling to pay

By April most water companies will have launched 'social tariff' schemes. Many also offer assistance through special payment arrangements, charitable trusts and debt write-off schemes.

If you are struggling to pay your bill call your water company or CCWater on 0121 345 1000.

### WaterSure – help for low income households who need a lot of water

If you pay by meter and receive income-related benefits but also have high essential water needs due to either a medical condition, or because you have three or more children, you can apply for a capped water and sewerage bill.

**METROPOLITAN AND CROWN**

## COVERING M25 RADIUS

789 Commercial Road, St Anne Street, Limehouse, London E14 7HG

3/5 YEARS LEASING OPTION • NO VOID PERIOD • NO MANAGEMENT FEE

**£1500** CASH INCENTIVE FOR LANDLORDS\*

1, 2, 3, 4 bedroom flats/houses wanted

• Monies **paid instantly** upon signing

\*T&C Applies.

**WE GUARANTEE TO LET YOUR PROPERTY ON THE SAME DAY**  
\*T&C APPLIES

t 020 7538 8887 Lines open 24 hours

info@metropolitanandcrown.com www.metropolitanandcrown.com

**OFFICIAL SUPPLIER**  
Did you know?  
We are the official leasing agents and preferred choice for your local authority

**RENT GUARANTEED**  
52 weeks of the year!



# tower hamlets homeseekers

**06/03/15 - 12/03/15**  
Closing date for Internet and  
Telephone bids:  
**12/03/15**

Find out about local schools, council services, transport links, and businesses at: [www.upmystreet.com](http://www.upmystreet.com)

[UpMyStreet](http://UpMyStreet.com)

[Circle 33](http://Circle33.org.uk)  
Expanding Life Choices

[eastTHAMES](http://eastTHAMES.org.uk)



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

تاور ہملتس ہاؤسنگ لیٹلنگس آپنا ایکٹو ایپلیکیشن پر تاور ہملتس ہاؤسنگ لیٹلنگس پر۔ براؤزنگ ان میں سے کسی گھر کو دیکھنے کے لئے مت جائیے، کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگ لیٹلنگس لسٹ" میں آپ کی درخواست واجب دادر ہے تو ہے۔ براؤزنگ ان میں سے کسی گھر کو دیکھنے کے لئے مت جائیے، کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم گھر کی پیشکش کرتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk).

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

## Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



**1. Internet Bidding**  
Just log on to [www.thhs.org.uk](http://www.thhs.org.uk)



**2. Telephone Bidding**  
Simply call 0845 270 2400

## Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

## CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme ([www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)) and local pay-as-you-go car clubs ([www.carplus.org.uk](http://www.carplus.org.uk)) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:







1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit [www.towerhamlets.gov.uk/parking](http://www.towerhamlets.gov.uk/parking)



 <p><b>SHELTERED</b> <b>Accessible Category E</b> <b>MANDELA HOUSE, VIRGINIA ROAD, E2</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Communal garden • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£188.84, Weekly - Social Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 31847</p>	 <p><b>OVER 50's</b> <b>Accessible Category F</b> <b>MUSBURY STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission</p> <p>Eligibility : Min Client Age 50</p> <p>£147.57, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 31846</p>	 <p><b>OVER 50's</b> <b>Accessible Category F</b> <b>RECTORY SQUARE, E1</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>Eligibility : Min Client Age 50</p> <p>£131.61, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31859</p>	 <p><b>OVER 50's</b> <b>Accessible Category F</b> <b>ALTON STREET, E14</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy • Rent increase pending April 2015</p> <p>Eligibility : Min Client Age 50</p> <p>£135.63, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31862</p>	 <p><b>OVER 50's</b> <b>Accessible Category E</b> <b>BRICK LANE, E2</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>Eligibility : Min Client Age 50</p> <p>£112.15, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31842</p>
 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>CLARK STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015 • Heating &amp; hot water included in charges</p> <p>£121.08, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31848</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>PANAMA HOUSE, BEAUMONT SQUARE, E1</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£114.39, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31868</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>HUGHES MANSIONS, VALLANCE ROAD, E1</b></p> <p>Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£106.84, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31857</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category E</b> <b>HANBURY STREET, E1</b></p> <p>Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£112.72, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31856</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>GALLEON HOUSE, GLENGARNOCK AVENUE, E14</b></p> <p>Maisonette • 1 Bed 2 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission</p> <p>£121.15, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 31864</p>
 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>MAIDSTONE HOUSE, CARMEN STREET, E14</b></p> <p>Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy</p> <p>£126.16, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31849</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>BARLEYCORN WAY, E14</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£119.79, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31860</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category G</b> <b>COBORN ROAD, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • Drop down grab rail in bedroom • External stair rail • Further grab rails in flat • One week's advance rent required at sign up of tenancy</p> <p>£127.04, Weekly - Social Rent Landlord: Peabody</p> <p>Property Ref: 31872</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>PARNELL ROAD, E3</b></p> <p>Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£117.71, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31841</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>BAKER HOUSE, BROMLEY HIGH STREET, E3</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) - no bath • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy</p> <p>£118.35, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31850</p>
 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>HACKWORTH POINT, RAINHILL WAY, E3</b></p> <p>Flat • 1 Bed 2 Person • 12th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£142.29, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 31869</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>SUMNER HOUSE, WATTS GROVE, E3</b></p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy</p> <p>£113.06, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31854</p>	 <p><b>1 BEDROOM</b> <b>Accessible Category F</b> <b>BRAMBLE HOUSE, DEVONS ROAD, E3</b></p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy</p> <p>£113.05, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31851</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>LATHAM HOUSE, CHUDLEIGH STREET, E1</b></p> <p>Maisonette • 2 Bed 4 Person • 15th floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • Check heating on viewing • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£125.83, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31867</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>BURLEY HOUSE, WALTER TERRACE, E1</b></p> <p>Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) - no bath • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£123.41, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31839</p>
 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>HERBERT HOUSE, OLD CASTLE STREET, E1</b></p> <p>Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking, Property is in congestion zone • Pets not permitted</p> <p>£132.23, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 31873</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category G</b> <b>KELSON HOUSE, STEWART STREET, E14</b></p> <p>Maisonette • 2 Bed 3 Person • 24th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£164.37, Weekly - Social Rent Landlord: One Housing Group</p> <p>Property Ref: 31855</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>GORDON HOUSE, GLAMIS ROAD, E1W</b></p> <p>Maisonette • 2 Bed 4 Person • 15th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission</p> <p>£142.45, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 31843</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category F</b> <b>KINGSWOOD, CYPRUS STREET, E2</b></p> <p>Maisonette • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • Electric radiators • Private garden • Permit parking • Pets permitted</p> <p>£131.83, Weekly - Social Rent Landlord: Southern Housing Group</p> <p>Property Ref: 31874</p>	 <p><b>2 BEDROOMS</b> <b>Accessible Category D</b> <b>HOLMAN HOUSE, ROMAN ROAD, E2</b></p> <p>Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015</p> <p>£122.99, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31876</p>



For more detailed information about the following adverts please visit the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk)



**2 BEDROOMS**  
Accessible Category F  
TORRANCE HOUSE, TURIN STREET, E2  
Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£122.52, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31875



**2 BEDROOMS**  
Accessible Category F  
GOLDMAN CLOSE, E2  
Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015

£141.28, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31840



**2 BEDROOMS**  
Accessible Category F  
WATSON COURT, CAMPBELL ROAD, E3  
Flat • 2 Bed 3 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£157.28, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 31863



**2 BEDROOMS**  
Accessible Category F  
DENBURY HOUSE, TALWIN STREET, E3  
Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • Two lifts • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£137.04, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31870



**2 BEDROOMS**  
Accessible Category F  
BRIMSDOWN HOUSE, DEVAS STREET, E3  
Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£135.79, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31845



**2 BEDROOMS**  
Accessible Category F  
PORTIA WAY, E3  
Maisonette • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission

£138.80, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31865



**2 BEDROOMS**  
Accessible Category F  
WINDERMERE HOUSE, ERIC STREET, E3  
Maisonette • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) - no bath • GCH • No garden • Permit parking • Pets not permitted

£135.40, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 31866



**3 BEDROOMS**  
Accessible Category F  
RECTORY SQUARE, E1  
House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted • Rent increase pending April 2015

£168.75, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31858



**3 BEDROOMS**  
Accessible Category F  
HIND GROVE, E14  
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) - no bath • GCH • Private garden • Permit parking • Pets with landlords permission • Stairlift • Rent increase pending April 2015 • One week's advance rent required at sign up of tenancy

£153.21, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 31853



**3 BEDROOMS**  
Accessible Category F  
OAST COURT, THREE COLT STREET, E14  
Maisonette • 3 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted • Rent increase pending April 2015 • Heating & hot water included in charges

£158.29, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 31861

# AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes. You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.



**AFFORDABLE RENT**  
Accessible Category G  
FOLGATE STREET, E1

Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted • Life Time.

£222.00, Weekly - Affordable Rent  
Landlord: Newlon HA

Property Ref: 31871



**AFFORDABLE RENT**  
Accessible Category G  
FLOWER AND DEAN WALK, E1

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£191.47, Weekly - Affordable Rent  
Landlord: One Housing Group

Property Ref: 31844



**AFFORDABLE RENT**  
Accessible Category F  
BEKESBOURNE STREET, E14

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Life Time.

£224.00, Weekly - Affordable Rent  
Landlord: Newlon HA

Property Ref: 31877



**AFFORDABLE RENT**  
Accessible Category F  
OLLERTON GREEN, E3

Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£207.68, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 31852

## Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes.

This causes a nuisance and may distress some individuals.

tower hamlets  
homeseekers

# OPEN DAY

## Saturday 21st March 2015

at Tarling East Community Centre  
63 Martha Street, Shadwell, London E1 2PA

Nearest transport: Bus: 339 and D3 DLR/Tube: Shadwell

The themes for the day are...

**Bid Smart** How to improve prospects of being rehoused by smarter bidding

Housing options for moving out of the borough

Mutual Exchanges

Money Management

We will have dedicated teams available to help you on the day.

Refreshments available

The venue will be open from 11am to 3pm

Activities for kids...

Bouncy Castle Magician Face Painting





**BRICK LANE E.I.**

ব্রিক লেন

**Make our growing community,  
your community**

Community Health Services, East London

## Community Nurses

**Job Ref: 259-CHS3715EH Band 5 £21,478 - £27,901 pa + allowances**

**Job Ref: 259-CHS3716EH Band 6 £25,783 - £34,530 pa + allowances**

**Job Ref: 259-CHS3717EH Band 7 £30,764 - £40,558 pa + allowances**

An opportunity has arisen for you to join the team at Barts Health, providing life-changing services to over 2.5 million people across East London in a growing and diverse community.

Working in the largest Trust in the UK offers you an environment to expand and develop your skills and progress your career.

We're looking for ambitious, compassionate and inspirational community nurses who are able to cover shifts between 08:00 and 20:00.

There are opportunities within the day and late shifts to work flexibly and part-time to fit around your lifestyle.

**To find out more please contact Mark Docherty, Business Manager on 020 8121 4142.**

**You can also find out more and apply online by visiting: [www.bartshealth.nhs.uk/work-with-us/](http://www.bartshealth.nhs.uk/work-with-us/) and then search for our vacancies via the link to NHS Jobs.**

Closing Date: 25 March 2015

[www.bartshealth.nhs.uk](http://www.bartshealth.nhs.uk)



## FREE women's plumbing course

for those aged 17+ living in Tower Hamlets

Taught by a qualified female plumber, you will gain a City & Guilds Level 1 Certificate. Priority will be given to Circle Housing residents.

When: One day a week from April to July, 10am - 3pm

Where: Circle Housing Old Ford Construction Training Centre, 58 Ollerton Green, E3 2LB

To register and apply, contact Charmaine Brouard.

Email: [Charmaine.brouard@circle.org.uk](mailto:Charmaine.brouard@circle.org.uk)

Tel: 020 8980 5632

Mobile: 07824 560365



*Skillsmatch*

INNOVATION IN JOB BROKERAGE

## DO YOU HAVE WHAT IT TAKES TO START A CAREER IN THE SECURITY INDUSTRY?

Skillsmatch is a London Borough of Tower Hamlets job brokerage initiative that works with employers to secure opportunities for local job seekers.

Skillsmatch is delivering a comprehensive SIA accredited course leading to the SIA licence.

Building on the success of securing employment for local residents with a wide range of security companies, we continue to offer this training opportunity to residents to meet further employer demands within this sector. To assist local residents to access job opportunities in this sector, Skillsmatch is delivering a 6 day training programme leading to the SIA Door Supervisor Licence/Badge and the HSE First Aid Appointed Person Certificate.

Security work in London is typically based on 12 hour shifts, 4 days on 4 days off and will therefore include some weekends. As an industry starter you can expect a competitive rate per hour.

The application procedure will require you to fill in forms, provide documentary proofs and undergo testing.

To be considered for a place, you must fulfil the stringent national licensing criteria which will include documentary proof of:

- Right of abode and ability to work in the UK
- Photo ID - valid passport and / or Driving Licence Parts 1 & 2
- 5 year employment, unemployment and education/training history
- 5 year address history
- 2 references

You must also be living in Tower Hamlets, be over 18, and agree to allow financial and employment vetting and a CRB check. There are limited places available and preference will be given to candidates who fulfil all criteria and clearly demonstrate a high degree of professionalism, commitment, honesty and reliability.

Please leave your name and contact details with Skillsmatch today on the number below.

**020 7364 0626**



MAYOR OF  
**TOWER HAMLETS**



INVESTORS  
IN PEOPLE | Silver



## JAMIATUL UMMAH

Secondary School & 6th Form College

56 Bigland St, London E1 2ND | Tel: 020 7790 7878  
email: recruitment@jamiatulummah.org.uk  
www.jamiatulummah.org.uk



**Required as soon as possible**

**Part Time Hifz Teacher (KS3 & KS4 – 13 hours a week) – 1 Post**  
Pay scale: £17,673 – £23,750 pro-rata

**Part Time Citizenship/History/Geography (KS3 Only) – 1 Post**  
(Thursday & Friday)  
Pay scale: £23,628 – £32,937 pro-rata

**Full Time Science Lab Technician/Librarian – 1 Post**  
Pay scale: £12,214 – £13,789

We are seeking to appoint qualified and experienced staff for the above posts who can inspire and motivate our pupils to achieve excellence in all aspects of learning. We expect all our staff to be exemplary role models for our pupils and the school community.

An application form and further details are available from the school website: [www.jamiatulummah.org.uk](http://www.jamiatulummah.org.uk)

Applications should be submitted by email only to [recruitment@jamiatulummah.org.uk](mailto:recruitment@jamiatulummah.org.uk)

**Deadline for application: 4pm, Friday 20th March 2015**  
**Interviews will be held on Saturday 28th March 2015**

Jamiatul Ummah is an independent Muslim school of 180 pupils in years 7 to 11 located in East London. The school offers National Curriculum and Islamic subjects.

The school is committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment. The successful candidate will be subject to all safer recruitment checks, including enhanced DBS check.

# nafas

Nafas is a specialist drug agency based in Tower Hamlets providing a range of quality drug treatment, education, training, and outreach services. Our innovative service provisions helps individuals and communities recover from drug addiction.

## Addiction Counsellor £26,000

We require an experienced counsellor to deliver our therapeutic programme to clients & families affected by substance misuse. You should have a minimum of 1 years experience in a clinical role working with clients across a wide range of presenting needs. The ability to speak Bengali / Sylheti is desirable due to the demographics and client base of Nafas. You must have relevant counselling / CBT qualifications and be eligible for accreditation of relevant professional bodies.

**Fixed Term Contracts until 31st March 2016 and continuation is subject to funding.**

**Closing date for application:  
4pm, Tuesday 24th March 2015.**

For an application form contact the administrator on  
**020 7377 0676** or email [admin@nafas.org](mailto:admin@nafas.org)

## Smart Training

### Boost your employment chances with a training course

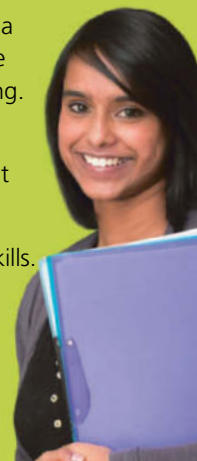
Aged 16-24 and looking to get started in a career? Then study free of charge\* for the Traineeship Programme with Smart Training.

- Study for a Certificate in Work Skills
- Complete a high quality work placement
- Get tuition in English and Maths
- Improve your CV writing and interview skills.

Training is weekly in East London and you can keep any benefits you're entitled to.

\*Depending on your existing qualifications. You must have lived in the UK or European Union for the last three years to be eligible.

**Traineeships**



Interested? Apply now – text SMART to 80800,  
email [start@smart-training.com](mailto:start@smart-training.com), phone 0845 177 0695  
or see [www.smart-training.com/jobsandadvice](http://www.smart-training.com/jobsandadvice)



## Hermitage Primary School

Vaughan Way, London E1W 2PT  
Tel: 020 7702 1037  
Email: [admin@hermitage.towerhamlets.sch.uk](mailto:admin@hermitage.towerhamlets.sch.uk)

## Inspirational Teaching Assistants for KS 1 and 2

**Full time/permanent  
Starting in April 2015**

Are you looking for a job that is challenging, interesting and makes a real difference to the lives of children? Hermitage is a school that puts the needs of the children at the heart of everything it does, through an inspirational curriculum. We are looking for creative and dedicated teaching assistants who share this passion and will work as part of a team towards achieving the highest possible standards for our pupils.

We are a small, friendly, modern school where everyone enjoys learning. We are situated in the historic and peaceful riverside location of Wapping, with good travel links via the DLR, Underground and bus.

We look forward to welcoming applicants who would like to find out more about us, and the jobs.

**Closing date: Noon Tuesday 17th March**  
**Interviews: Friday 20th March**

Please email applications to:  
[admin@hermitage.towerhamlets.sch.uk](mailto:admin@hermitage.towerhamlets.sch.uk)

*Hermitage is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. This role requires an enhanced criminal record disclosure.*

*We welcome applications from all sections of the community.*

### Due to the expansion of the Pre-School, Munchkins Pre-School are seeking to appoint:

#### Level 3 Qualified – PRE-SCHOOL PRACTITIONER REF: MK03

Monday – Friday 38.5 Hrs/Week | Mainly Term Time Only  
(46 weeks per year, inclusive of holidays)  
Salary: £9.00 per hour

Candidate with Level 3 qualification and a minimum of two years' experience of working with children aged 2-5 years of age.

#### Level 2 Qualified – PRE-SCHOOL PRACTITIONER REF: MK02

Monday – Friday 38.5 Hrs/Week | Mainly Term Time Only  
(46 weeks per year, inclusive of holidays)  
Salary: £8.00 per hour

Candidate with a Level 2 or a Level 3 qualification with one years' paid or voluntary experience of working with children aged 2-5 years of age.

#### SEN Cover Support / Bank Staff REF: MKSEN

Hours and Days of Work: Variable  
Salary: £8.00 per hour

Candidate with Level 2 or currently on childcare training course with a minimum of one years' paid or voluntary experience of working with children aged 2-5 years of age.

For an application pack, please send an  
**A4 90p** stamped addressed envelope to:  
**Early Years Network Tower Hamlets**  
**15 Kelsey Street, London E2 6HD**

Or email: [recruitment@eynth.org.uk](mailto:recruitment@eynth.org.uk)  
**Closing Date: Tuesday 24th March 2015**



### Nursery Manager

Full Time: 37.5 hrs p/w  
Salary: £25,000 p/a

### Fundraising Officer

Part Time: 24 hrs p/w  
Salary: £15,600 p/a

### IAG Project Officer – Maternity Cover

Part Time: 17.5 hrs p/w  
Salary: £23,000 – £25,000 p/a (pro-rata)

### Female Development Officer – Maternity Cover

Part Time: 17.5 hrs p/w  
Salary: £20,000 p/a (pro-rata)



The Job Description & Specification as well as the application form can be found on our website  
[www.therootedforum.org/vacancies](http://www.therootedforum.org/vacancies)

Deadline for applications is **17:00 on Friday 20th March 2015**.  
Any further questions please email  
[nur.choudhury@therootedforum.org](mailto:nur.choudhury@therootedforum.org)

**The Rooted Forum, Tarling East Community Centre,  
63 Martha Street, London E1 2PA**  
**Tel: 020 7423 9146**

[www.therootedforum.org/vacancies](http://www.therootedforum.org/vacancies)

# Public notices

## THE LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – CAROLINE STREET E1

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Caroline

Street for a distance of approximately 50 metres between its junction with Cable Street and its junction with Commercial Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Road Traffic Solutions.

The alternative routes for vehicular traffic will be via Commercial Road, Pitsea Street and Cable Street and Caroline Street.

The restriction on vehicular traffic will operate on Sunday 29th March 2015 and at times when temporary traffic signs are placed on the pub-

lic highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email, [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated: 9th March 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT**

## LONDON E14 2BG

## LONDON BOROUGH OF TOWER HAMLETS

### LICENSING ACT 2003

### NOTICE OF APPLICATION FOR A PREMISES LICENSE.

**NOTICE IS GIVEN THAT** the Redchurch Brewery Limited has applied to the London borough of tower hamlets licensing authority for premise licence under the licensing Act 2003.

Premises: 275-276 Poyser Street, Bethnal Green, London E2 9RF.

The licensable activities are: The supply of alcohol for consumption on or off the premises from Monday to Sunday between the hours of 09:00 and 01:00 and the provision of recorded music and live music from Monday to Sunday between 12 and 01:00.

Anyone who wishes to make representations regarding this application must give notice in writing to: the licensing section, London borough of tower hamlets, mulberry place, 5 clove crescent London E14 2BG

Representations must be received no later than 01/04/2015

The application record and register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the licensing act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)



## LONDON BOROUGH OF TOWER HAMLETS

## PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**21 Aston Street, London, E14 7NE** **PA/15/308/LAB**  
Proposed basement refurbishment and Loft conversion and internal alterations

**Flat 3, Riverway House, 260 Westferry Road, London, E14 3AG** **PA/15/381/CSK**  
Various internal alterations and general refurbishment works (see full description on application form).

**10 Whites Row, London E1 7NF** **PA/15/313/ADW**  
Proposed to change of use from restaurant (Use Class A3) to offices (Use Class B1).

**44 Antill Road, London, E3 5BP** **PA/15/299/JTH**  
Demolition of the two-storey and single-storey rear extensions and erection of a two-storey rear extension and infill-side-extension. Replace existing first floor rear UPVC windows with new double-glazed timber sash windows.

**28 Massingham Street, London, E1 4EW** **PA/15/135/PLA**  
Erection of mansard roof extension.

**Unit 7, New Crane Wharf, 11 New Crane Place, London** **PA/15/191/LYM**  
Change of use from Hairdresser (A1 use) to 1 x 2 bed flat (C3 use).

**423 Mile End Road, London, E3 4PB** **PA/15/338/JTH**  
Additional storey to rear extension with infill side passage and internal alterations with new timber sash windows to main listed building.

**Tower Guoman Hotel, St Katharines Way, London, E1W 1LD** **PA/15/333/ADW**  
The erection of temporary pop-up open sided bar and canopy within existing terrace area to the south of the hotel building.

**25 Tollet Street, London, E1 4EE** **PA/14/01468/JHT**  
Erection of single storey rear extension.

**The Old Rectory, 90 White Horse Road, London** **PA/15/352/PLA**  
Minor external changes including: - Works to north elevation to provide new access at lower ground, including replacement of existing window with solid timber door and new steps and handrail to access lower ground floor level. - Works to west elevation to remove existing ground floor access including removal of existing concrete and steel access stairs, removal of existing door at ground floor level and replacement with new sash window and new railings at ground level to match existing. - All other associated works.

**29 Redchurch Street, London** **PA/15/077 & 078/KHA**  
Proposed shopfront.  
Installation of fascia sign and projecting sign on proposed shopfront.

**19 Cold Harbour, London, E14 9NS** **PA/15/055/CSK**  
Removal of the sand cement and painted render on the south facing facade overlooking Concordia Wharf. Replacement with lime render and lime paint.

**8, 9 and 10 Vine Court, London, E1 1JH** **PA/14/3647/ADW**  
Erection of single storey front extension associated with existing storage and distribution use (Use Class B8).

**Telephone Kiosk outside 177 Whitechapel Road, London** **PA/14/3349/EBW**  
Prior approval (under schedule 2 of Part 24 of the Town and Country Planning General Permitted Development Order 1995 for telecommunication equipment) for the siting and appearance of a MVM1000 Payphone Kiosk.  
The telephone kiosk is being relocated from a pavement location outside 104-106 Whitechapel Road (on the south side of Whitechapel Road) to a new pavement location at 177 Whitechapel Road (on the north side of Whitechapel Road) set to the east of its existing location as part of the Transport for London Supercycle Highway Upgrade. (The proposed kiosk is also subject of a separate advertisement consent)

**Flat 601, Brody House, Strype Street, London, E1 7LQ** **PA/14/3591/KHA**

Replace existing external glazing on three sides of the flat. Replace existing glazing around interior courtyard. Installation of a retractable roof light over the interior courtyard.

**204 Brick Lane, London, E1 6SA** **PA/15/321/LYM**  
Installation of new shopfront

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

**23 Strahan Road, London, E3 5DA** **PA/15/375/JTH**  
Construction of single storey side infill extension with pitch roof and Neo roof lights.

**13 Mile End Place, London, E1 4BH** **PA/15/293/LAB**  
To insulate solid walls of the rear extension and cover with white render.

**14 Fournier Street, London, E1 6QE** **PA/15/319 & 320/AHU**  
Works to the Grade II Listed house at 14 Fournier Street including: new roof cladding, parapet, gutters and rainwater pipes, repairs to brickwork and stonework, cleaning, repairs to street railings and removal of modern basement access stair and grilles, repair of windows and doors and redecorations externally. External alterations comprise of reinstating the Regency fanlight, lowering of the brick parapet and modifications to the window arrangement to the garret storey at third floor level. Internally the work comprises: repairs to floors, wall panelling, doors and staircases, new kitchens and bathrooms, redecorations, structural works, new lighting, electrics, heating, security and fire detection services. Modification of partitions at basement level and third floor level.

Concurrent application for listed building consent PA/15/00320.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 9th March 2015

**OWEN WHALLEY**  
Head of Planning and Building Control



Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

## Public notices

## THE LONDON BOROUGH OF TOWER HAMLETS

## ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

## TEMPORARY PROHIBITION OF TRAFFIC – COBORN ROAD E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted with Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Coborn Road for a distance of approximately 50 metres between its

junction with Malmesbury Road and its junction with Tredegar Road.

The restriction on vehicular traffic will enable essential detailed railway bridge inspection to be carried out on the public highway by Centurion Traffic Management.

The alternative routes for vehicular traffic will be via Antill Road, Grove Road, Mile End Road and Coborn Road or Coborn Road, Mile End Road, Grove Road, Old Ford Road, St. Stephen's Road and Tredegar Road.

The restriction on vehicular traffic will operate from Thursday 19th March 2015 at 22:00 hours until Friday 20th March 2015 at 06:00

hours when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email, [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

Dated: 9th March 2015

**JAMIE BLAKE**  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG



# Public notices

## THE LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – UPPER NORTH STREET E14

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Upper North Street between its junction with the southern kerb-line of Arcadia Street and its junction with the southern kerb-line of Cordelia Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by LBTH.

The alternative route for vehicular traffic will be via Upper North Street, St. Paul's Way, Burdett Road and East India Dock Road and vice versa.

The restriction on vehicular traffic will operate from Wednesday 18th March 2015 to Saturday 21st March 2015 and at times and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Gary Marshall, Street Scene Engineer, Engineering, on 020 7364 6669 or email, [gary.marshall@towerhamlets.gov.uk](mailto:gary.marshall@towerhamlets.gov.uk)

**Dated: 9th March 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT**

## LONDON E14 2BG

### THE LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 16A

### TEMPORARY PROHIBITION OF TRAFFIC (HANBURY STREET, EXHIBITION EVENT) ORDER 2015

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets made the above-mentioned Order under Section 16A of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from proceeding in Hanbury Street between its junction with Wilkes Street and its junction with Brick Lane.

The restrictions on vehicular traffic will enable the two day elite business exhibition and conference event to be held on the public highway.

The alternative routes for vehicular traffic will be via Wilkes Street, Princelet Street and Brick Lane or Wilkes Street, Fournier Street and Brick Lane.

Access will be provided for Police, Fire and Ambulance vehicles in an emergency or access may also be provided with the permission of a Police Officer in uniform.

The Order will operate from 18th March 2014 at 07:00 hours until 19th March at 22:00 hours when temporary traffic signs and cones are placed on the public highway.

If you require any further details please contact David Pryce, Network Coordinator, Network Management Team, Transport and Highways on 0207 364 6898 or e-mail [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk)

**Dated: 9th March 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

### THE LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – GLOBE ROAD E2

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Globe Road for a distance of approximately 50 metres, north, from its junction with Roman Road.

The restrictions on vehicular traffic will enable essential resurfacing works to be carried out on the public highway by LBTH.

The alternative route for vehicular traffic will be via Roman Road (westbound), Cambridge Heath Road (northbound), Old Ford Road and Globe Road.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Globe Road between its junction with Roman Road and its junction with Old Ford Road will be temporarily suspended.

The restriction on vehicular traffic will operate on Sunday 29th March

2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to Gary Marshall, Design Engineer, Engineering, on 020 7364 6669 or email [gary.marshall@towerhamlets.gov.uk](mailto:gary.marshall@towerhamlets.gov.uk)

**Dated: 9th March 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

### PUBLIC NOTICE

### LICENSING ACT 2003

### MINOR VARIATION OF PREMISES LICENCE

**NOTICE IS GIVEN THAT** Peloton And Co has applied to London Borough of Tower Hamlets Licensing Authority to vary a Premises Licence under Section 41A of the Licensing Act 2003.

Premises: Peloton & Co, 4 Market Street, London E1 6DT

The proposed variation is: We have applied to extend our licensed trading hours to the hours shown below.

Monday-Friday 12pm-5pm to be extended to 12pm-9pm  
Saturday 11am-5pm to be extended to 11am-9pm  
Sunday from 11am-5pm to be extended to 11am-7pm

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk) Tel: 020 7364 5008

Representations must be received no later than 16/03/15

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

**To place your public notice here call...**

**Sharan on 7364 4061**

**Chris on 7364 4994**

**Fatima on 7364 4623**

**Terri on 7364 4682**

## LONDON BOROUGH OF TOWER HAMLETS TOWN & COUNTRY PLANNING ACT 1990

### MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

### NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

#### Wood Wharf, Prestons Road, London

Details of all reserved matters (Access, Appearance, Landscaping, Layout and Scale) pursuant to outline planning permission ref PA/13/02966 dated 24/12/2014 relating to the following areas of the Wood Wharf Masterplan:

1. Development Plots F2, H1, and H3/H4 and part of Development Plot H2 - Reserved Matters Application RM02 ref PA/15/00236

Comprising 169 residential units (Use Class C3), 849sqm (GIA) of retail, leisure and community uses (Use Class A1-A5, D1 and D2), a community sport facility (Use Class D2) of 2,870sqm (GIA), 4,251sqm (GIA) of ancillary circulation space, infrastructure and other associated works.

2. Development Plots E1/E2 and E3/E4 - Reserved Matters Application RM03 ref PA/15/00286

Comprising 757 residential units (Use Class C3), 2,341sqm (GIA) of flexible retail, community and leisure uses (Use Class A1-A5, D1 and D2), 8,351sqm (GIA) of ancillary circulation, infrastructure and other associated works.

3. Development Plots A2 and A3 - Reserved Matters Application RM05 ref PA/15/00316

Comprising 517 residential units (Use Class C3), 1,571sqm (GIA) of flexible retail, community and leisure uses (Use Class A1-A5, D1 and D2), 2,813sqm (GIA) of ancillary space, infrastructure and other associated works.

**Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.**

**Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.**

**Dated 9th March 2015**

**OWEN WHALLEY  
HEAD OF PLANNING & BUILDING CONTROL**



### Notice Of Application For Planning Permission

Notice Of Application For Planning Permission Under Article 13 Of The Town and Country Planning (Development Management Procedure) (England) Order 2010 The Town And Country Planning Act 1990 (As Amended)

**Date of notice: 09-Mar-2015**

In accordance with the above act and related legislation, notice is hereby given that the application forms, plans and other documents submitted in relation to the proposal noted below may be examined at the London Legacy Development Corporation reception Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. The reception is open from 09:00 – 17:00 Monday to Friday by appointment only telephone number 020 3288 8820. The above documents are also available to download from the Planning Register on the Planning Policy and Decisions Team website <http://planningregister.londonlegacy.co.uk>. **Anyone who wishes to make comments about the application should write to the address below quoting the relevant Application Reference Number:** Director of Planning Policy and Decisions Team, London Legacy Development Corporation, Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. Alternatively comments can be made by email to: [planningenquiries@londonlegacy.co.uk](mailto:planningenquiries@londonlegacy.co.uk) Comments should be submitted within 21 days of the date of this notice and should be received by **29-Mar-2015** **Application Reference No:** 15/00054/FUL **Application Site:** Bromley by Bow Underground Station, Blackwall Tunnel Northern Approach, London, Tower Hamlets, E3 3JJ **Description of Proposal:** Bromley-by-Bow Station upgrade works including: 1) Step free access from street to trains 2) Gateline extension and the refurbishment of ticket hall 3) Construction of 2 lift towers 4) Interior and exterior station enhancements **Applicant's name:** Transport for London **Application Reference No:** 15/00055/ADV **Application Site:** Bromley by Bow Underground Station, Blackwall Tunnel Northern Approach, London, Tower Hamlets, E3 3JJ **Description of Proposal:** Proposed advertisements comprising two non-illuminated poster signs measuring 1.04m high x 2.67m wide x 0.04m deep and one legible London illuminated totem measuring 4.18m high x 0.82m wide x 0.21m deep. **Applicant's name:** Transport for London **Dated:** 09-Mar-2015; **Authorised by:** Anthony Hollingsworth **On Behalf of:** London Legacy Development Corporation, Planning Policy and Decisions Team.





# Nurturing table tennis talent

Greenhouse Sports runs table tennis events for youngsters in the school holidays. The Easter programme is at Morpeth School, on Thursday and Friday, April 9 & 10. For more information visit...

WWW.GREENHOUSESPORTS.ORG

# Full to bursting

“It is extremely rewarding to see the venues full with enthusiastic young people inspired by our coaches.”

STEPHEN GERTSEN

## Sport

### Leisure centres

**John Orwell Sports Centre**  
Tench Street, Wapping, E1W.  
7488 9421

**Langdon Park Leisure Centre**  
35 Byron Street, Poplar, E14  
SHOKK Youth Fitness Centre.  
7987 3575

**Mile End Park Leisure Centre**  
190 Burdett Road, E3.  
8709 4420

**Mile End Park Stadium**  
Rhodeswell Road, Poplar, E14.  
8980 1885

**St George's Pools**  
221 The Highway, Wapping E1W.  
7709 9714

**Tiller Leisure Centre**  
Tiller Road, Isle of Dogs, E14.  
7987 5211

**Whitechapel Sports Centre**  
55 Durward Street,  
Whitechapel, E1.  
7247 7538

**York Hall Leisure Centre**  
5-15 Old Ford Road, E2.  
8980 2243

### Sport & leisure

**Back to netball**  
Weekly sessions. £1.10. Tues,  
6pm.  
John Orwell Sports Centre,  
Tench Street, E1W.  
07914 685261

**Body conditioning**  
Thurs, 6.15pm. Shadwell Basin  
Centre, Glamis Road, E1.  
07961 951522

**Cricket coaching**  
Under-11s and under-13s –  
Weds, 4-5.30pm; under-16s –  
Tues, 4.30-6pm; ages 16+ –  
Thurs 5-8pm.  
Dockland Settlements,  
197 East Ferry Road, E14.

**Docklands women's  
running group**  
All abilities welcome  
Mon, 6.30pm. Mile End  
Stadium, Rhodeswell Road, E14.  
07958 368070

**Football training**  
Every Sat, 9-11am for boys and

GREENHOUSE Sports East London  
organises table tennis programmes in  
the school holidays where young  
people can develop not only their table  
tennis skills, but other aspects of their  
lives as well.

The charity works full-time both in  
and out of schools to provide  
programmes that encourage young  
people to realise their full potential  
through sport.

Three schools in Tower Hamlets –  
Raine's Foundation, Morpeth and  
George Green's – hosted training  
camps for more than 150 children over  
the February half-term break – and  
Morpeth will be hosting similar  
activities during the Easter holiday.  
Greenhouse Sports senior head coach  
Stephen Gertsen said: “It is extremely  
rewarding to see the venues at full  
capacity with enthusiastic young  
people inspired by our amazing team  
of coaches.

“The half-term camps were a pleasure



to be part of – there was so much  
energy.”

The Easter programme runs at  
Morpeth School, in Portman Place, E2

on Thursday and Friday, April 9 & 10  
from 10am-2pm.

For more info about Greenhouse Sports  
visit [www.greenhousesports.org](http://www.greenhousesports.org)

girls aged 5-11, Mulberry School  
for Girls, Richard Street, E1; 12-  
1pm for boys and girls aged 3-  
5, St Patrick's School, Dundee  
Street, E1W.  
07956 095218

**Kibondo**  
Martial art for ages 6 & over.  
Mon, 6.30-8pm, all ages; Fri, 7-  
8.30pm, seniors & adults. £4  
adults, £3 children, first lesson  
free. Teviot Centre, Wyves  
Street, E14.  
07956 428654

**Kickboxing and self-defence**  
£5 per class. Suns, 1pm; Tues,  
7pm (women only).  
Whitechapel Sports Centre,  
Durward Street, E1.  
07983 201987

**Chi kung**  
Ancient Chinese exercise  
practice with gentle,  
meditative exercises.  
Mon, 6-7.15pm.  
St Margarets' House  
Settlement, E2.  
07905 098413

**Kool Karate and Fitness Fun**  
Every Tues & Thurs, 5-6pm.  
St James-the-Less Hall, St  
James's Avenue, E2.  
07934 126510

**Kung fu**  
Learn the Wong Shun Leung

system of ving tsun.  
Weds, 8-9pm. £7, adults only  
(kids classes coming soon).  
St John's Church Hall, 200  
Cambridge Heath Road, E2.  
07930 609379

**Kung fu fitness**  
Mons 7-9pm. Bryant Street  
Methodist Centre, Stratford,  
E15.  
07950 637345

**Muay Thai for women**  
KO London, 186 The Arches,  
Globe Road, E2. Sat 3-4.15 £7  
concs, £9 waged.  
7265 9693

**Martial arts**  
Learn the Wong Shun Leung  
system of ving tsun kung fu.  
Weds 8-9pm. £7, adults only.  
St John's Church Hall, 200  
Cambridge Heath Road, E2.  
07930 609379

**Netball**  
Arbour Netball Club train at  
the Parkside Leisure Centre at  
Mulberry School, Commercial  
Road, E1 every Monday night.  
01277 811772

**Rugby**  
Millwall Rugby Club. Men's,  
women's and youth teams.  
Suns, 10.30am-12pm (youth);  
Mons, 7.30-9pm (adults); Weds,  
7.30-9pm (men); Thurs. 6.30-

7.30pm (boys aged 7-17); Thurs,  
7.30-9pm (women all ages).  
[www.millwallrugby.com](http://www.millwallrugby.com)

**Rugby for children**  
Tag rugby (non contact) games  
for ages 2 - 7. Sats, 10am-12pm  
(term-time). Free trial.  
Victoria Park, Grove Road, E9.  
01252 794150  
[www.trytimekidsrugby.com](http://www.trytimekidsrugby.com)

**Self-defence and keep fit**  
Self-defence and keep fit with  
freestyle Tae Kwon do. Mixed  
classes of adults and children.  
Tues 6.30-8pm & Sun, 1-3pm.  
Tiller Leisure Centre, Tiller  
Road, E14.  
8310 1469 or 07950 896926

**Seniors exercise**  
Mons, 1.30pm, line dancing;  
Tues, 10.45am, workout.  
London Dockers Club,  
6 Boulcott Street, E1.  
7790 3785

**Sun kune do**  
Mons, 7-8.15pm. Adults £4.50,  
ages 10-16, £3.50.  
Lifra Hall, 7 Halley Street, E1.

**Swimming**  
Learn to swim (5 years +),  
competitive swimming  
skills/fitness (9 years +), and  
masters swimming  
(18 years+).  
Bethnal Green Sharks

Swimming Club, York Hall, and  
Mile End Park and St George's  
leisure centres.  
07931 782172  
[www.bgssc.co.uk](http://www.bgssc.co.uk)

**Taekwondo classes**  
Taster class £5 for adults, £3 for  
children aged five to 14.  
Adults £50-£40 per month.  
Easy Studio, 60-64 Kingsland  
Road, E2.  
7033 4660

**Table Tennis Club**  
Every Sat, 10am-12pm  
For ages 11-19  
George Green's School, 100  
Manchester Road, E14.  
7987 6032

**Tiller Runners**  
Women's running group,  
suitable for all abilities. £1.10  
per session. Mon, 6.30pm.  
Meet at Tiller Leisure Centre,  
Tiller Road, E14.  
7987 5211

**Women's football**  
Train with KIKK Talang, KIKK  
United's development team,  
for ages 16+. Free. Mons, 8-9pm  
Whitechapel Sports Centre,  
Durward Street, E1.  
[kikkतालंग@gmail.com](mailto:kikkतालंग@gmail.com)  
[kikkunited.wordpress.com](http://kikkunited.wordpress.com)

**Women's self-defence**  
Mons, 7-8.15pm, £5 adults/

£3.50 children. John Orwell  
Sports Centre, Tench Street, E1.  
07949 597965

**Angel yoga**  
Kundalini yoga for beginners  
every Tues, 7.30-8.45pm. £9.  
St Hilda's Community Centre,  
18 Club Row E2.  
07890 909928

**Gentle Yoga**  
Relaxation and meditation. All  
welcome. £7 (concs available).  
Mons, 6.15-8.30 pm.  
Glamis Residents' Hall, 414  
Cable Street, E1.

**Yoga class**  
Fri, 10.30-11.30am. Free.  
Alpha Grove Centre, Isle of  
Dogs, E14  
7538 1714

**Yoga Creation E14**  
Ashtanga, Vinyasa, Hatha yoga  
classes (£10-£14), courses &  
workshops. For beginners to  
advanced, 7 days a week.  
Pregnancy yoga, £13.  
7517 9183  
[www.yogacreation.co.uk](http://www.yogacreation.co.uk)

**Women's Yoga**  
Free classes, donations  
welcome. Take your own mat.  
Fri, 10.30-11.30am.  
Alpha Grove Community  
Centre, Alpha Grove, E14.  
7538 1714

**Zumba classes**  
Every Weds, 7.30-8.30pm. £5.  
Tredegar Community Centre,  
333 Morville Street, E3.  
07884 168176

**Yoga, Pilates, tai chi  
& Zumba**  
Classes from £2-£5.  
The Brownfield Community  
Cabin, 82 St. Leonards Road,  
Poplar, E14.  
3069 7401

**Pregnancy yoga**  
Class for mothers-to-be. £10,  
concessions available.  
Every Weds, 6.15-7.15pm.  
Yoga Nest, 27 Old Ford Road, E3.  
07780 861313  
[Anna\\_o@hotmail.co.uk](mailto:Anna_o@hotmail.co.uk)

If you have a date for our  
Out and About diary, send  
the details to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk)



## Ready for court action?

For more information on the Tower Hamlets Badminton Academy, call coach Chris Dakin on...

07837 364634



## No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from cricket to yoga and aerobics to taekwondo.

SEE PAGE 33

### Sport



Chris Dakin coaching some youngsters

## Badminton kids get county call

### Badminton

**BADMINTON is booming in Tower Hamlets with the borough supplying half the Middlesex East county squad.**

And a good slice of the credit for this success is due to Tower Hamlets Badminton Academy where young stars continue to develop under former international Chris Dakin.

The academy, district and county sessions are led by Dakin and five other coaches, the goal being to develop county and international badminton stars of the future.

After an extremely successful season, junior players from the academy now find themselves an integral part of Middlesex County Badminton.

Ujjol Ahmed, 17, has been competing on the under-17 national circuit as well as representing Middlesex in every county match this season. He is currently ranked number two in Middlesex.

Mannah Rahman has enjoyed similar success. He began playing just 15 months ago, having been introduced to the sport through an after-school club run by Tower Hamlets Youth Sport Foundation at Stepney Green School.

Like Ujjol, through the support of the badminton academy and sport foundation, Mannah now finds himself as the Middlesex number two in his age group.



Mannah Rahman

He has enjoyed a solid start to this season having played five national tournaments and 15 matches in his debut season with Middlesex.

Two brothers – Fahim, 15, and Younous Shikdar, 12, have also earned their county stripes and now train with the Middlesex East County squad at Langdon Park School.

The youth sport foundation and the academy together deliver weekly badminton sessions in six schools – Morpeth, Swanlea, Stepney Green, Bethnal Green Academy, Oaklands and Bishop Challoner. All now have after-school club sessions with the strongest players progressing onto district and then finally into the Middlesex County sessions at Langdon Park.

For more information call Chris Dakin on 07837 364634 or email [cdakin@hotmail.co.uk](mailto:cdakin@hotmail.co.uk)

# Seconds come first in race for league titles

BY PETER FAULKNER

West Herts 1  
Wapping men 2nds 4

**WAPPING Hockey Club men's second team were crowned East Division 2S champions – with three games still to play.**

Wapping dominated the first ten minutes, but were unable to convert pressure into goals – a common theme this season.

Man-of-the match Michael Bolle opened the scoring and, as West Herts heads dropped and the maroons kept pushing, Bolle struck again. The Dutchman is now the team's top scorer with ten goals.

The umpires kept tight control of the game and awarded a green card to Wright before Carpenter was sent to the sin bin for a professional foul.

But Wapping showed their class in the seven-minute period with ten men.

They won two penalty corners in quick succession, but had to wait until a third saw Fry miss-time a strike only for Bolle to follow it up with a crushing drive to complete his hat-trick.

West Herts then began their only period of dominance in the game with a series of penalty corners and reduced the deficit.

But Wapping moved into a higher gear and restored their three-goal advantage.

Wapping men 1sts 4  
Cambridge 2nds 0

NOT to be outdone by the seconds, table-toppers Wapping kept their own title hopes on track with a comfortable win over a strong Cambridge side.

The first goal arrived mid-way through



Wapping seconds celebrate their league title

the first half, when Ollie Salvesen scored a fine solo effort. In the second half they doubled their lead through Ollie Davies after a short corner initially broke down.

The two-goal cushion calmed nerves and further goals came 15 minutes before the end through Grant Aidoo-Nash and a clinical short corner conversion by Felix Styles.

Wapping have now reached their best ever points total with three matches to play.

Ipswich 0  
Wapping ladies 1sts 1

WAPPING started brightly, but were unable to convert possession into goals.

As the half wore on Ipswich came back into the game, winning a number of short corners, but some good saves by Karen Perkins kept the score 0-0 at the break.

Wapping started the second half more positively and eventually there was a breakthrough.

A good move up the left between Charlotte Keizer, Kaela Barker and Kate Silbermann resulted in to a short corner, which

Fiodhna Burke smashed home for the only goal of the game to push Wapping up two places in the East Premier Division.

East London men 1st 3  
Hertford 1st 0

THIRD-placed East opened their account at fortress Lee Valley with a breakaway goal when Adam Lord pulled back for Lewis Lawrence to hit into the top corner.

Soon after the break Mark Prince mis-trapped the ball before scoring and Lord added a late third.

East London climbed to second in Division 2S with three games left to play.

BBHC 1st 1  
East London ladies 1st 9

EAST travelled to Erith, hoping for a repeat of the 6-3 result when the two teams last met. But they managed to comfortably eclipse that scoreline thanks to a hat-trick from vice-captain Emily Menzies, two Emma Connolly strikes and goals from Lucy Canham, Bee Armstrong, Grace Lant and Amy Rogers.

### Basketball

LEICESTER Riders pulled away late in the first leg of the BBL Trophy semi-final, defeating London Lions 80-63 at the Sir David Wallace Sports Centre to build a 17-point edge ahead of the return leg in London.

Lions started encouragingly and led by as many as 13 points in the opening quarter. However, Riders managed to change the tide and tied things up at 40-all by half-time.

The momentum shift was

sustained in the second half as the hosts built a 60-52 lead heading into the final period.

Although it was a six-point margin separating the sides with five minutes remaining, Riders made a serious statement for a place in the BBL Trophy Final, finishing the game with a 15-4 run.

Zaire Taylor had a team-high 19 points for Lions, Andrew Sullivan scored 16, while Makal Stibbins added 15 points and seven boards.

The second leg was scheduled to tip off at the Copper Box at 4pm on Sunday, March 8.

### Squash

THE Canary Wharf Squash Classic begins on March 23 – and triple world champion Nick Matthew has already been installed as favourite.

It looks like being a straight fight between him and arch-rival James Willstrop at the East Wintergarden venue.

Matthew and Willstrop have won four titles apiece so there will be a lot at stake this time.

### Rowing

MEMBERS of the London Youth Rowing club, based at the London Watersports Centre, Dockside Road, Silvertown, will be competing in the ninth National Junior Indoor Rowing Championships at the Lea Valley Athletics Centre on March 20.





## Jessie says hello to title

Jessie Dean Harris, left, was one of six Repton boxers who won London Junior ABA titles without having to box and part of a nine-man record-breaking title squad.

SEE BELOW

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

### Sport

# Lord's heartache for youngsters

### Cricket

**THE borough's under-13s cricketers suffered disappointment in the Lord's finals of the Balfour Beatty London Youth Games Indoor Cricket Championship for the third year in a row.**

Although they were pleased to finish second, the year 8 youngsters were hoping that this year they would strike gold at last.

Tower Hamlets, finalists in 2013 and 2014, had come through their qualifying group unbeaten at Harrow in February and faced Ealing in their opening match – a side that had also come through qualifying unbeaten.

Tower Hamlets put in a good performance with the bat, leaving their opponents with 110 to chase, and a good display in the field secured their spot in the final four.

Next up were defending champions Redbridge and the Tower Hamlets boys produced their best performance of the competition.

In a hard-fought encounter



The Tower Hamlets squad at Lord's

they were faced with a difficult chase of 107, but some impressive batting ensured a win in the last over with just three balls to spare.

However the team couldn't manage a repeat performance in the final.

They lost out to a very good Hillingdon side who bowled and fielded well to limit Tower Hamlets to a score of 90, which

they chased down without losing a single wicket.

Team manager Jahid Ahmed was delighted with his team's performance on the day especially in the semi-final against Redbridge.

"It's brilliant," he said.

"We've made it to the last three finals days and today we had a very exciting semi-finals and quarter-finals and won

quite comfortably in the end.

"But the semi-final was probably the biggest one we've had. It was a tight game and Redbridge were probably the best team we've played against.

"I'm really proud of the boys and hopefully five should be coming back next year, because they're year 7s at the moment. They've had a great experience and know what to expect."

# Junior champions join ranks of Repton's finest

BY PETER FAULKNER

**REPTON Boxing Club's rising young stars smashed the record books again with nine new champions crowned at the Junior London ABA finals.**

Club official Kelvin Wing said he could not remember a better performance by any previous Repton squad.

"We have produced more than nine champions at schoolboy level, but I cannot remember us doing it in these championships," he said.

"It was a fantastic all-round display by those kids who boxed and augurs well for the future of the club."

The most comfortable victors were John

Lee, who got a bye in the 38kg category, Jamal Khan, walkover at 52kg, Tommy Roberts, walkover at 50kg, Jessie Dean Harris, walkover at 80kg, and Johnny Johnson, walkover in the 63kg category.

But the pick of the rest was perhaps Henry Turner, twice a schoolboy champion and looking a star in the making.

He showed real class in punching out a unanimous points win over Len Hickey (Fisher) to add another title to his growing collection.

Then there was Faisal Khan at 57kg who had to face Mike Hennessey, the son of professional promoter Mick Hennessey.

The Hennessey clan took a lot of support to the show, but Khan silenced the crowd by getting a unanimous points win.

John Hanrahan featured in a very exciting contest against Les Cullen (Bodyshots), but always had the upper hand and got the nod from all the judges.

Isaac Johnson finished off the winning spree against the inexperienced Alan Garal (White Hart Lane Academy) and had to work hard to get a unanimous points verdict.

Leonard Chambers went out of the 48kg category after losing a majority points decision to Roger Parchment (Earsfield).

■ **BROAD Street Boxing Club** is staging an open show at The Troxy in Commercial Road, Limehouse, on March 27 and is promising an evening of top class contests.

Tickets for the show can be bought at the box office on 0844 888 0440.

### Soccer round-up

THE group stages of the **Inner London Football League's Veterans Winter Cup** produced some nail-biting encounters and a very old-school way of settling a tied group.

**Group A:** Weavers and Abohani went through as both teams defeated Mostyn with identical scorelines.

With the teams having already drawn against each other, the group winner will be decided with the toss of a coin.

**Group B:** Beaumont took top spot comfortably with two wins and they will be joined by Tower Hamlets B who defeated Riverside in the groups final game.

**Group C:** Defending cup holders Tigers took top spot with two wins and SYA beat Stepney to claim the final spot. Stepney, with a full strength squad and high hopes due to their league form, surprisingly beaten.

**Group D:** Previously beaten finalists Bromley went through leaving Tower Hamlets and Bhondu to face a sudden death penalty shootout group stage after drawing 1-1.

Bhondu won this tense shootout with the Summer Vets League champions, who go out as the only Premier Division team not to proceed.

■ In the **Open Age Winter**

**League Second Division**, Robin Hood Tigers saw their title dream crash when they drew 4-4 with Riverside – a side they previously beat 9-2 – handing the championship to second placed Beaumont Youth.

Tigers had been top since week two with Beaumont, who beat West End Reserves, on their coat tails throughout the season.

In the **First Division**, Reachout hosted second-placed SCTA, who knew a draw would give them the title.

However Reachout were in no mood to stick to the script and handed SCTA a shock first league defeat of the season, winning 5-2.

In the relegation battle, Burdett pulled out a fine 3-1 victory over St Katharine's to survive the drop as St Katharine's and Weavers, who lost 3-0 against Bromley Juniors, finish as the bottom two.

A shock result in the **Premier Division** saw Beaumont beat London Tigers 2-1.

The result put Tigers' defence of the title in the balance as all the teams around them have games in hand.

West End won their game in hand against Bromley 11-1, while in a cracking battle of the bottom two, SYA drew 3-3 with Leytonstone.



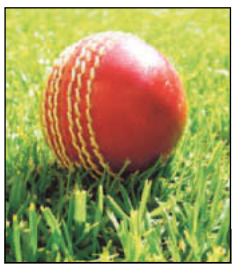
**ACORN Football Club** (pictured above) got together with the police Safer Neighbourhoods team to stage a half-term football tournament at Mile End Park.

As well as the chance for the players to show their skills, the event aimed to promote a positive community image and raise awareness among young people about the risks

of becoming involved with gangs and violent crime. The Bringing Communities Together Through Sport tournament was for youngsters aged 16-18 and the Safer Neighbourhoods Team gave a talk on street safety.

Acorn, who are based in Tower Hamlets, play in the London County Saturday Youth League.





## More inside

For football, cricket, boxing and hockey stories, and our listings...

SEE PAGES 33-35



## Serving up table tennis for youngsters

Greenhouse Sports East London is running one of its holiday table tennis programmes for youngsters, at Morpeth School during the Easter Break. For the full story...

SEE PAGE 33



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# The golden generation

Sporting kids come home with a collection of titles

BY PETER FAULKNER

**THE next generation of sporting talent in Tower Hamlets shone once more with three youngsters winning titles away from home in three very different sports – weightlifting, sailing and karate.**

Taslim Begum became the toast of Oaklands School when she won the gold medal and the British Schools weightlifting title at Oldbury Academy in the West Midlands.

That was followed by another gold medal performance from 16-year-old Docklands Sailing & Watersport Centre sailor Iona Dixon, who won the Scottish Winter Championship.

To complete the triple, Liam Veras, of the Veras Karate Academy, won the Swiss Karate Open kumite (fighting) title.

Tower Hamlets had three lifters from Oaklands School to compete in the British Schools weightlifting championships.

Taslim was the undoubted

star in the year 11 under-48kg girls category. She went for six out of six lifts achieving a snatch of 34kg and clean and jerk of 48kg. This gave her a winning total of 82kg.

Jamie Andrews kickstarted the day in the year 10 under-56kg boys category.

He went for six out of six lifts, achieving his best lifts of 40kg in the snatch and 55kg in the clean and jerk to finish fourth, missing the bronze medal by one point.

Aminul Thanjir was next up in the year 11 under-63kg boys category and he too took fourth.

In the sailing, Iona, in a Laser Radial boat, won the gold medal north of the border as the top woman.

This followed on from a bronze and silver medal double at the National Inland Championships at Rutland Water.

Iona has now set her sights on a place in the British squad for the World and European championships.

Her brother Callum, compet-

ing in the Laser Standard rig at Rutland, was happy with a silver medal. He has only been racing this boat for a year and competing against men with World and European medals and years of experience.

Phil Holman, chief instructor at Docklands Sailing & Watersports Centre, said: "It's great how they can both compete at national level then the next day are here to coach and encourage the youngsters."

"It's so good that other children can see what possibilities exist with hard work and dedication."

Veras Karate Academy shone in Switzerland where Liam won silver in the kata under-10 category and gold in the kumite for 32kg under-10s.

Older brother Luan, unable to train due to illness, showed courage to get a bronze medal in the under-12 41kg kumite.

The third member of the team, Seyhan Cinar, performed well but was unable to get among the medals.



Iona Dixon



Liam Veras



Taslim Begum

## Landlords... Top rents achieved 3 months paid in advance

### FREE PROPERTY LICENCE

### Hassle-Free Letting

Rent your property today!

- ✓ FREE NIC
- ✓ FREE EPC
- ✓ FREE inventory
- ✓ FREE gas safety check
- ✓ Families waiting



Find out more →



Properties Urgently Required in all East London Boroughs & Essex



**elliotleigh.com** 020 8983 4444

Visit our website for more information [www.elliotleigh.com](http://www.elliotleigh.com)

**LOCAL MINI CABS**  
canarywharfcars.co.uk

**020 7423 9999**

Owner Drivers  
EARN £500 - £1000  
per week.  
Day or Night Shift,  
Weekly Rent or  
Percentage Based

**AIRPORT TRANSFERS**  
FROM £40

info@canarywharfcars.co.uk

**DRIVERS WANTED**

INTENSIVE COURSES • BLOCK BOOKING • DISCOUNTS OFFERED\*

**ignite**  
Driving School

**020 8983 0085**

Evening mobile: 07507 196606  
[www.ignitedriving.co.uk](http://www.ignitedriving.co.uk)  
419 Roman Road, London E3 5QS

IN SHOP  
**Theory Training\***

Free Training for IGNITE Students Instructor  
Training Available on part 1, 2 & 3

**NEW YEAR SPECIAL OFFERS**



CHOOSE  
FROM ANY  
OF THESE  
OFFERS!

**MANUAL**  
driving lessons  
first 3hrs £48\*  
5hrs £80\*  
10hrs £170\*

**AUTOMATIC**  
driving lessons  
first 3hrs £53\*  
5hrs £88\*  
10hrs £195\*

\*Terms & conditions apply

Male and female  
instructors available  
in automatic and manual

**ADI's and PDI's wanted**



All our instructors  
are DSA Approved